

Manage Your **Stress**

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# What is stress?

The way our body responds to a situation or condition which is not acceptable to our physical and mental set-up, is stress.

Stress is a phenomenon which is associated with various ill effects. These effects are not merely on the body but also on our instincts, mind, intelligence and perspective, thereby affecting our behavior at home, at the work place and during social interactions.

In other words stress along with its effects is like a large number of diseases damaging our lives in every possible way and that too simultaneously.

Most of us think of stress as a mental state but is actually very largely a physical condition also. According to the level of stress, our brain sends various instructions to various parts of our body to perform chain reactions known as stress responses. Stress response is the effect of stress whereas stressor is the cause of stress.

Stress tolerance capability of all human beings is not the same. That's why it is very important to know whether you are under stress and what is the extent.

Each person needs to work on their own stress control techniques according to their tolerance levels.

We can classify stress as 1) Chronic Stress and 2) Eustress

## **1) Chronic Stress**

Chronic stress is an unfortunate reality for many people who struggle to manage the multiple and often conflicting demands of work, relationships, family, finances, peer pressure and other pressures that are commonplace in modern-day materialistic societies.

## **2) Eustress**

Eustress is a term coined by endocrinologist Hans Selye and is defined in the model of Richard Lazarus (1974) as stress that is positive or gives one a feeling of fulfillment or other positive feelings. Often we perform better when under stress, in fact, in some situations stress is a necessity. We remain alert and on our toes only when we are under stress. This is Eustress which has a positive impact on a person and is a process of exploring potential gains for further improvement.

# Why stress is the greatest killer?

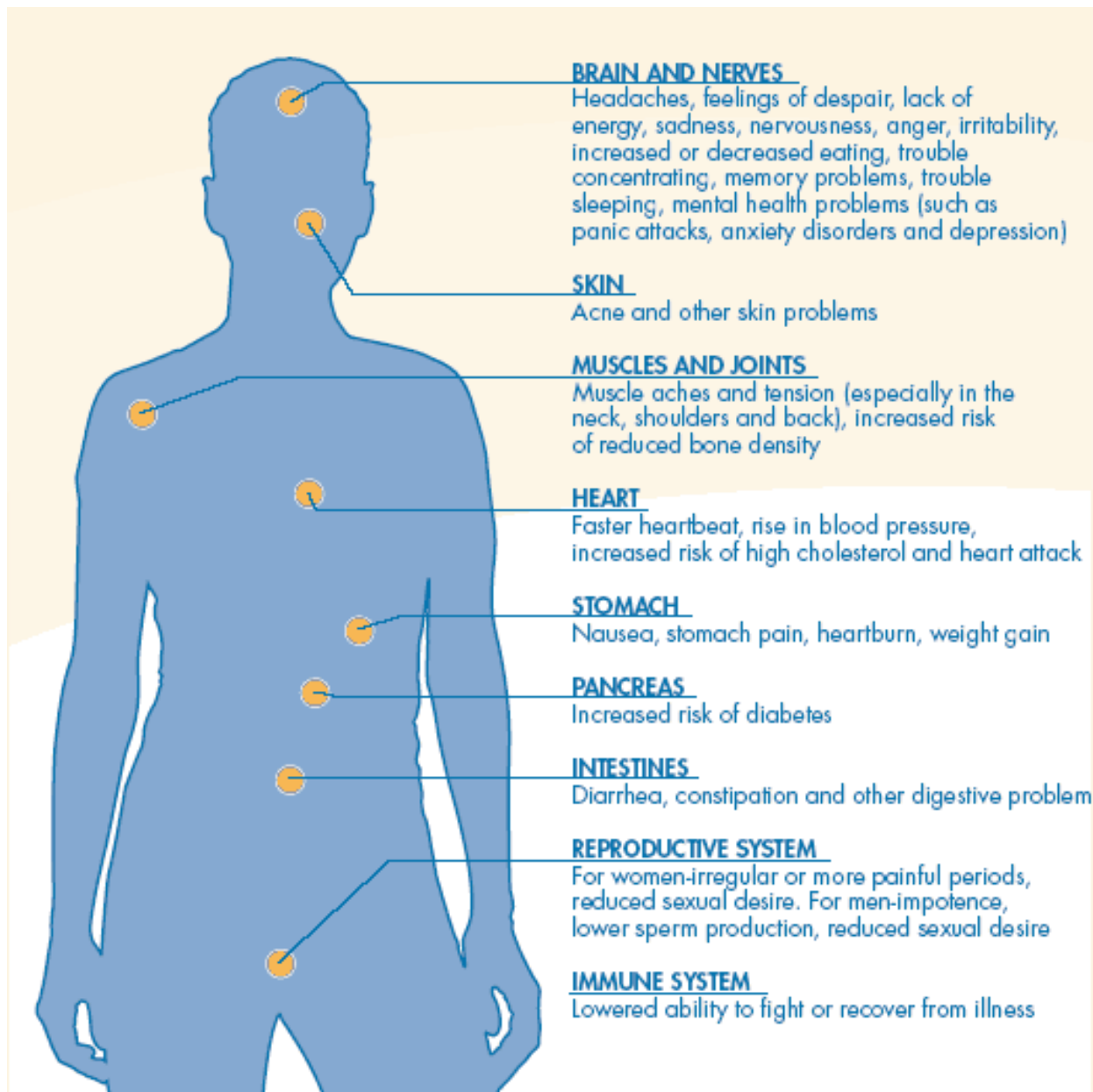
Stress is the greatest killer because it can irrevocably damage our mental and physical health. It invariably invites personal and professional problems as well as many diseases.

Stress influences every cell of the body to a greater or lesser extent. Because of its far-reaching effects on every cell of the body, stress can predispose an individual to a variety of problems. Besides predisposing to many diseases, stress can actually cause many diseases.

Interestingly, it becomes even a greater killer because of:

- A)** Inadequate research, inadequate understanding of stress and its management.
- B)** Almost absolute lack of awareness and / or prevalence of misconception about the nature, gravity and management of stress among the general public.
- C)** Apathy of the government and people regarding this extremely important area.
- D)** Lack of readiness of the people to recognize, concede and manage stress.

**E)** Prevalence of quackery (as in other fields also), helping to complicate the problems related to stress, rather than solving them.



**How stress can affect us**

# How many people suffer from stress?

Many of my friends keep on asking me this question. Well, the actual answer is almost everybody suffers from stress. Obviously the intensity is not the same. But more or less, each and everyone are affected by stress knowingly or unknowingly. So prepare yourself with the techniques to manage stress.

# Why the term 'management'?

Studies related to stress symptoms, effects, techniques to cope are known as stress management, and not stress cure or stress eradication.

Question is why is it called management? Reason is, stress is very common to us. It's unavoidable. So there is no way of eradication or cure. What we can do is only manage stress and try to turn it into a positive aspect.