



STRESS MANAGEMENT AND STRESS RELIVING TECHNIQUES A – REVIEW

**Mrs. R. Chittal,
Ms.M. Umadevi, &
Dr. K. Sivaperumal,**

Assistant Professor

Department of Commerce

Vel Tech Ranga Sanku Arts College, Chennai – 62

Abstract

Stress is a fact in our daily life. When a person needs help, it means the person feels physically and emotionally disabled. Most people believe that their capacity and capabilities are so little to encounter high level of stress. Today, with progress in all respects, human is facing new challenges in many different fields as if progress in turn creates new problems. Over a century, the nature of working has been changed widely, and still these changes are in progress. Following these changes, number of illnesses has been increased, morality and human aspects are faded and new problems are occurred every day, so that we are facing job stress which called “illness of the century”. In this article, I discuss the stress management and reliving techniques.

Keywords: Stress, Good and Bad Stress, Exhaustion, Stress side effects, Origins of Stress

INTRODUCTION

Stress is a fact of everyday life. When people reach out for help, they are often dealing with circumstances, situations, and stressors in their lives that leave them feeling emotionally and physically overwhelmed. Many people feel that they have very little resources or skills to deal with the high levels of stress they are experiencing.

The information in this manual has been compiled to provide information and education about stress, the effects of stress, and the most popular stress management and relaxation techniques that are being used today. This information could be helpful for people



who want to learn how to react to stress in a more constructive, proactive way. The basic premise of this manual is that the benefits of stress reduction and relaxation techniques can be best noticed after they have been practiced regularly over a period of time.

OBJECTIVE OF THE STUDY

- To know the concept of stress and its management
- To study the causes of stress
- To find the ways in which the stress is to be managed (relieving techniques)

STRESS AND MANAGEMENT

Stress is a daily reality. Some events, such as an important sports competition or a deadline for a paper, can cause stress that helps motivate us to perform at our best. Unfortunately, stress often becomes a negative presence in our lives. As the above definition states, stress throws us off balance and can have serious health consequences if left unchecked. Learning how to manage stress will make you better able to handle challenging situations and significant events in your life.

Stress is difficult for professionals to define because it is a highly subjective phenomenon that differs from individual to individuals. Things that are distressful for some individuals can be pleasurable for others. We also respond to stress differently. Some people blush, some eat more while others grow pale or eat less.

TYPES OF STRESSORS

Situations that are considered stress provoking are known as stressors. Stress is not always a bad thing. Stress is simply the body's response to changes that create taxing demands. Many professionals suggest that there is a difference between what we perceive as positive stress, and distress, which refers to negative stress. In daily life, we often use the



term “stress” to describe negative situations. This leads many people to believe that all stress is bad for you, which is not true.

Positive stress has the following characteristics:

- ❖ Motivates, focuses energy
- ❖ Is short-term
- ❖ Is perceived as within our coping abilities
- ❖ Feels exciting
- ❖ Improves performance

In contrast, **negative stress** has the following characteristics:

- Causes anxiety or concern
- Can be short or long-term
- Is perceived as outside of our coping abilities
- Feels unpleasant
- Decreases performance
- Can lead to mental and physical problems

It is somewhat hard to categorize stressors into objective lists of those that cause positive stress and those that cause negative stress, because different people will have different perceptions and reactions to particular situations. However, by generalizing, we can compile a list of stressors that are typically experienced as negative or positive to most people, most of the time.

Examples of **negative personal stressors** can include:

- The death of a partner
- Filing for divorce
- Losing contact with loved ones
- The death of a family member
- Hospitalization (oneself or a family member)
- Injury or illness (oneself or a family member)
- Being abused or neglected
- Separation from a spouse or committed relationship partner
- Conflict in interpersonal relationships
- Bankruptcy/money problems
- Unemployment
- Sleep problems
- Children’s problems at school
- Legal problems



- Inadequate or substandard housing
- Excessive job demands
- Job insecurity
- Conflicts with team mates and supervisors
- Lack of training necessary to do a job
- Making presentations in front of colleagues or clients
- Unproductive and time-consuming meetings
- Commuting and travel schedules

50 COMMON SIGNS AND SYMPTOMS OF STRESS

1. Frequent headaches, jaw clenching or pain
2. Gritting, grinding teeth
3. Stuttering or stammering
4. Tremors, trembling of lips, hands
5. Neck ache, back pain, muscle spasms
6. Light headedness, faintness, dizziness
7. Ringing in the ears
8. Frequent blushing, sweating
9. Dry mouth, problems swallowing
10. Cold or sweaty hands, feet
11. Frequent colds, infections
12. Rashes, itching, hives, “goose bumps”
13. Unexplained or frequent allergy attacks
14. Heartburn, stomach pain, nausea
15. Excess belching, flatulence
16. Constipation, diarrhea
17. Difficulty breathing, sighing
18. Sudden attacks of panic
19. Chest pain, palpitations
20. Frequent urination
21. Low sexual drive or performance
22. Excess anxiety, worry, guilt, nervousness
23. Increased anger, frustration, hostility
24. Depression, frequent or intense mood swings
25. Increased or decreased appetite
26. Insomnia, nightmares, disturbing dreams
27. Difficulty concentrating, racing thoughts



- | | |
|---|---|
| 28. Trouble learning new information | 39. Obsessive/compulsive behaviors |
| 29. Forgetfulness, disorganization, confusion | 40. Reduced work productivity |
| 30. Difficulty in making decisions | 41. Lies or excuses to cover up poor work |
| 31. Feeling overwhelmed | 42. Rapid or mumbled speech |
| 32. Frequent crying spells or suicidal thoughts | 43. Excessive defensiveness or suspiciousness |
| 33. Feelings of loneliness or worthlessness | 44. Problems with communication |
| 34. Little interest in appearance, punctuality | 45. Social withdrawal or isolation |
| 35. Nervous habits, feet tapping, fidgeting | 46. Constant tiredness, weakness, fatigue |
| 36. Increased frustration, irritability | 47. Frequent use of over-the-counter drugs |
| 37. Overreaction to petty annoyances | 48. Weight gain or loss without diet |
| 38. Increased number of minor accidents | 49. Increased smoking, alcohol, or drug use |
| | 50. Excessive gambling or impulse buying |

CAUSES OF STRESS

Death of a loved one

This can be a spouse, parent, child or friend. Death is part of life, but the death of a loved one is something that causes significant stress. Our hearts are broken as we grieve for our loved one and our lives are seriously disrupted. This is something which we can do little about, unfortunately, and also something we all have to deal with, sooner or later. Many people recover from this stressor and continue with their lives. Others never fully recover.

Death of a loved one can cause a number of serious illnesses that we take on ourselves, including depression. The death of a child is probably the worst pain anyone can endure and many people never fully recover from this type of stress, however, they do manage to go on with their lives for the sake of others around them. Despite the fact that the



death of a child is enough to put anyone over the edge, most people have more of a life force and feel compelled to go on. However, this is one stress factor that can be completely devastating to someone emotionally and is one from which one never fully recovers.

Divorce

Even if we are glad to get rid of our ex-spouse, divorce is a major stressor in our lives. In addition to causing us to feel stress, it can also stress out our children. Many couples are so wrapped up with their own emotions during a divorce that they fail to notice the impact of the situation on their children. Chances are that the kids are feeling quite a bit of turmoil, even if they are too young to understand what is really going on. In fact, younger children can experience even more stress than older children in the case of their parent's divorce because they cannot put their emotions into words, nor can they understand that daddy or mommy going away has nothing to do with them. To a young child, everything in the world has something to do with them.

A child who experiences the trauma of his or her parents' divorce will feel stress. In some cases, the stress may manifest itself to a number of psychological disorders, including anxiety. The routine has been broken and the child no longer feels safe, so he or she will come up with a way to alleviate the stress and retain some sort of control over their lives by developing a disorder such as anorexia. Children should see a counselor when the parents' divorce, whether or not they appear "fine." Some children will be able to deflect the stress better than others, but it is always a good idea to make sure that the child truly is "fine."

Moving

Even if you are moving from a shack to a palace, this is still stressful. It may be a happy occasion, but it is still a disruption of your routine. And any disruption of your routine causes stress. Moving disrupts the entire family. And it is a real pain in the neck. Plus you have to deal with the packing. Everyone hates moving. Packing up all of your belongings and then unpacking them is just a hassle. Very few of us are fortunate enough to be able to have someone do all of this labor for us so it tends to be stressful.



However, even if we do not have to lift a finger, moving is still a disruption of our normal routine. It will take a while before you can get established into your new home. Until you do, you should try to maintain as much of your normal routine as possible, especially if you have children.

Major Illness

Any type of major illness is a significant stressor for the entire family. One person being ill does not just affect that person, but everyone around him or her. A major illness is one of the worst stressors we can endure as it can go on for years, taking its emotional toll on everyone around, especially children. Many people who experience a major illness enter into a depression.

This is usually due to the dramatic change in their life. Others will most likely also enter into a state of depression or exhibit unusual behavior. A young person who has a very ill parent may start turning to drugs, alcohol or other behavior to alleviate the stress he or she feels due to the parent's illness. They will be unable to deal with the stress and chances are that the rest of the family will be emotionally unavailable for help. Self medicating with drugs, alcohol or even promiscuous sex is a way for some young people to cope with the illness of a parent.

Job Loss

In addition to being humiliating, the loss of a job will most likely throw you into financial turmoil. Losing a job often results in depression as well as anxiety. Not only did your self esteem take a hit, but you are also worried about money. You will probably experience stress until you get a new job or reconcile yourself to the fact that you will have to get by on less money. Until you get your bearings, you will face a disruption in your lifestyle as well as your financial status. The uncertainty the surrounds getting another job also affects us when it comes to stress. Losing a job and having to find another job is very stressful.

Even if we quit a job for a better job, this is still considered a stress factor. Starting a new job, while a good thing, is stressful for most individuals. Why? Because it breaks our



Think India Journal

ISSN: 0971-1260 Vol-22, Special Issue-21

National Conference on

Recent Advances in Commerce, Management and Computer Science (NRCACMC-2020) sponsored

by

Department of Commerce, VEL TECH Ranga Sanku Arts College,
Avadi, Chennai-62

Held on 4th January 2020



routine. And anything that breaks our routine causes stress. These are just a few of the major stress factors that we, as a society, face. There are other things that can lead to stress, but these are among the worst. In some cases, happy events such as the birth of a child, marriage, or even a new job can lead to stress. Even though these are joyous occasions, they are stressful. What because they disrupt our lifestyle.

Are you sensing any sort of pattern here with regard to stress? Each of the aforementioned stressors all has one thing in common - they disrupt our lives. We don't like to have our lives disrupted and when it happens, even if it a good disruption, it causes stress. We cannot go through life like robots and expect for nothing to ever change. We are going to experience stressful situations throughout our lives. How we handle the stressful situations will determine how well we can manage stress. There are both good ways and bad ways to manage stress.

STRESS RELIVING TECHNIQUES

Mindfulness

Meditation that cultivates mindfulness can be particularly effective at reducing stress, anxiety, depression, and other negative emotions. Mindfulness is the quality of being fully engaged in the present moment, without over-thinking or analyzing the experience. Rather than worrying about the future or dwelling on the past, mindfulness meditation switches the focus on what is happening right now. Mindfulness meditation is not equal to zoning out. It takes effort to maintain your concentration and to bring it back to the present moment when your mind wanders or you start to drift off. But with regular practice, mindfulness strengthens the areas of the brain associated with joy and relaxation. Mindfulness provides a potentially powerful antidote to the common causes of daily stress such as time pressure, distraction, agitation, and interpersonal conflicts.

How to Do A Mindfulness Exercise



- ❖ Find a comfortable place to sit. It can be on a chair or on the floor, but do not slump or slouch. Keep your posture straight but relaxed, making sure you are not rigid or stiff.
- ❖ Focus on your breathing.
- ❖ Concentrate your attention completely on your breathing. Become aware of the sensations inside your air passages as the air enters the nose. Just become aware of that feeling as your breath goes in and out.
- ❖ When thoughts come into your mind, that's o.k. Just examine the thoughts for what they are, as if they were some strange animal that wandered into your sight.
- ❖ Treat each thought as a guest. When a thought or feeling arises, simply observe and acknowledge it. There is no need to interpret it or to use it. You might wonder where it came from, what caused it to surface now, what purpose it serves
- ❖ Stay in the moment as long as you can. Continue to focus on your breathing. Aim to clear your mind completely for 5 minutes. With practice you will be able to extend the time to twenty minutes or more.
- ❖ Notice the repeating thoughts. As you progress you will come to recognize that the same thoughts are appearing, over and over, even in your calmest moments. Notice them and let them pass by, returning your attention to your breath.

The Following Mindfulness Meditation Techniques Can Also Be Helpful For Stress Relief

Body Scan – Body scanning promotes mindfulness by focusing your attention on various parts of your body. Like progressive muscle relaxation, you can start with your feet and work your way up. However, instead of tensing and relaxing your muscles, you simply focus on the way each part of your body feels, noticing any sensations without labeling them as “good or bad”.

Walking Meditation – You don't have to be seated or still to practice mindfulness. In walking meditation, mindfulness involves being focused on the physicality of each step; the



sensation of your feet touching the ground; the rhythm of your breath while moving, and feeling the wind against your face.

Mindful Eating – If you reach for food when you feel stressed, or you gulp your meals down in a rush, try eating mindfully. Sit down at the table and focus your full attention on the meal. This means no T.V., reading the newspaper, or eating on the run. Eat slowly, taking time to concentrate on each bite, noticing the texture and taste of the food.

A Sample Meditation Exercise

- ❖ When you practice meditation at home, you will need to choose a quiet place where you will not be disturbed. If you wish you may sit cross-legged on a cushion on the floor, you may kneel, or sit in a chair with your back straight.
- ❖ Just breathe normally through your nose. As you continue breathing normally through your nose, begin to focus your attention on the sensations in and around your nostrils, and on your upper lip just below your nostrils, that are caused by the breath passing in and out. You might feel a slight tickle, or a feeling of warmth or coolness, or heaviness or lightness.
- ❖ At the beginning of every breath, try noticing everything you can about the sensations caused by just that one breath. Do the same for the next breath, just one breath at a time.
- ❖ If thoughts arise, as they most certainly will, gently but firmly bring your awareness back to your anchor and remain focused on the in an out breath, one breath at a time.
- ❖ Again, focus all of your attention on the changing sensations around your nose and upper lip that are caused by the breath as it goes in and out. Notice whether the breath is long or short.
- ❖ If your mind wanders again, just note, “mind wandered away” and immediately return it to your anchor. It is the mind’s nature to wander and your job to train it, so just keep bringing it back. Gently but firmly bring it back.

CONCLUSION



Although we cannot see the stress as a permanent negative phenomenon and there is some positive stress too, but it has a lot of effects on organization members. Affected by stress, managers, staff and clients will have the special psychological moods which may lead to actions directly reflected in activities and productivity of organisation. Therefore, stress management and its implication for more creativity and quicker cursor movement toward the organizational targets is one of the goals which have been recently developed in organizations. The organizations can prevent negative stress and its consequences by training managers and personnel effectively for better recognition and management of stress factors.

Reference

1. www.aha.com
2. STOICA, M. - Stres, personalitate și performanță în eficiența managerială, Risoprint Publishing House, Cluj Napoca, 2007.
3. STOICA, M. - Elemente de psihologie managerială, Risoprint Publishing House, Cluj Napoca, 2007 .