

Ch-2 Self-Management Skills

Meaning and Importance of Stress Management

Stress Management refers to focusing human efforts for maintaining a healthy body and mind capable of better withstanding stressful situations. Occasional stress is an unavoidable part of one's life. Stress refers to a "physical, mental, or emotional strain or tension". Small amounts of stress have a positive effect and they help us stretch ourselves to new level. High levels of stress over prolonged periods need to be managed. A Stress well managed can help one view events and situations as challenges and contributes in the growth of individual. Unmanaged stress leads to anxiety and sorrow resulting in ill status of mental and physical health. Stress causal agents can have following origins.

Types of stress/ Stress Causal Agents' Categories:-

Mental: Students can be left overwhelmed, if they are unable to handle their assignment submission deadlines and examinations grades. Overly high expectations from self can leave one with chronic anxiety and stress.

Physical: As children grow up they may seek more independence, may become critically conscious of their looks and have to cope up with hormonal changes. Issues related to general well-being and health of an individual can lead to low self-esteem and cause stress.

Social : Discord amongst family members, peer pressure for doing things which kids will generally avoid , maintaining balance in relationships amongst friends, status show off may lead to stress at times.

Financial: Youngsters may have aspirational financial stress. This may of becoming findependent or Finances aspirational stress may

Importance of Stress Management

Being well versed with stress coping mechanisms helps people lead and healthy and happier life. Adequately managed stress prevents medical and physical illnesses. Stress management is vital because it leads to following benefits.

- Improves mood
- Boosts immune system
- Promotes longevity
- Leads to burst of physical strength, which is vital for goal achievement
- Complete mental and physical engagement for task accomplishment
- Increases efficiency and effectiveness
- Prevents psychological disorders and behavioral problems

Physical signs which may suggest stress are:

- breathlessness,
- dry mouth,
- butterflies in stomach,
- indigestion,
- nausea,
- acidity, fatigue,
- sweaty palms,
- cold hands and feet,
- irritation and
- hyperactivity etc.

At the mental level following symptoms may reflect stress irritation,

- impatience,
- loneliness,
- upset,
- anxious,
- depressed,
- frustration,
- bored,
- guilty,
- insecure and
- forgetfulness.

Stress Management Techniques

- ***Physical Exercise***

When stress affects the brain, rest of the body also feels the impact. Physical exercise in the form of walking, skipping or for that matter indulging in any sports has been found to relieve stress as they stabilize mood, improve self-esteem and induce sleep.

- ***Yoga***

Yoga is a school of Hindu philosophy reduces stress, which includes a series of postures and breathing exercises practiced to achieve control of body and mind.

- ***Meditation***

It is a practice where an individual is supposed to focus his/her mind on a particular object, thought or activity to achieve a calm mental state reducing stress.

- ***Enjoying***

Recreational activities like watching movies, attending concerts, playing games, involving in adventure sports, singing, dancing or even sketching can help individuals transcend to a happier mental state and help manage stress.

- ***Going On Vacations with Family and Friends***

Vacations provide an opportunity of taking a holiday from our routine and appreciate different facets of life. Vacations can be taken up to friends and relatives place as well as to far flung attractive locations. Vacationing helps in de-stressing individuals.

- ***Taking Nature Walks***

Taking nature walks in a pristine environment of a national park or a sanctuary or a trail in country side / village, brings us a calmness by allowing our over stimulated minds a chance to relax and helps us relax.

Ability to Work Independently

Everyone who has been sent on this earth has been blessed in their own way. They together make this earth a beautiful place. Some can sing well, others are good at sports, some are intellectuals and some are good comedians. Everyone is special. But it is important that everyone learns the art of working independently. This typically means that one must learn to take ownership of the task assigned and leave no stone unturned in accomplishing the task. The individual who has the ability to work independently need not be supervised for the task completion.

Importance of The Ability to Work Independently

- Ensures greater learning.
- Individuals feel more empowered and responsible.
- It provides flexibility to choose and define working hours and working mechanisms.
- Failure and success of the task assigned are accounted by individuals.
- Individuals become assets to organizations, groups and nations
- It ensures creativity and satisfaction amongst individuals.

Enhancing Ability to Work Independently

Ability to work independently can be enhanced by being self-aware, self-motivated and self-regulated. Let's now learn what are these:

Self-Awareness

Having conscious knowledge of your own self, capabilities, feelings and one's own character is called as self-awareness. It helps individuals to chart their ways for working independently.

Self-Motivation

Self-motivated individuals have an inner urge to do something, achieve their goals without any external pressure. It is a life skill and must be necessarily developed.

Self-Regulation

Self-regulation guides independent individuals as it helps them consider long term consequences rather than just transient feelings. It leads to a responsible and a value driven behavior.