

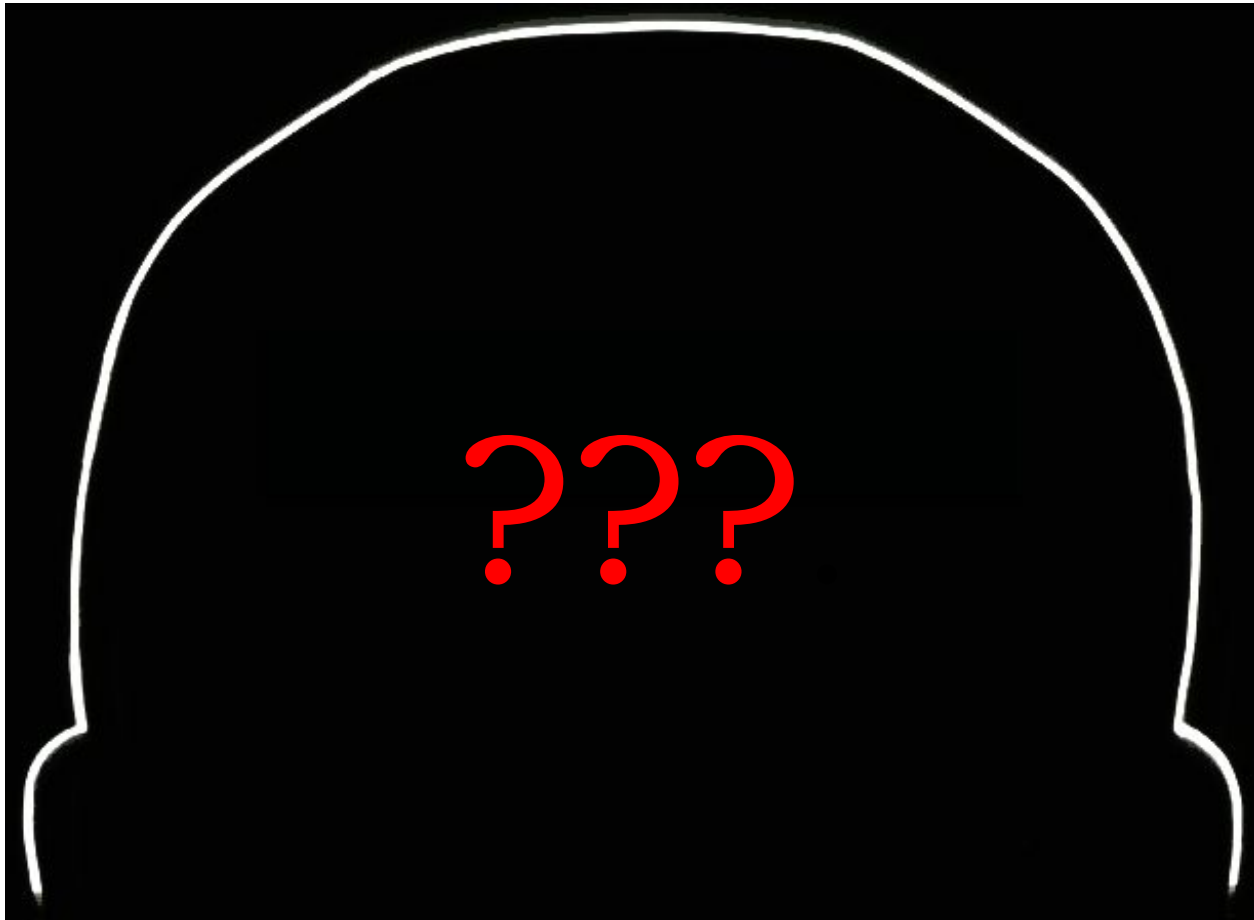


Stress Management



LEVERAGING PEOPLE FOR TOMORROW...

What comes to your mind about Stress...



Stress...

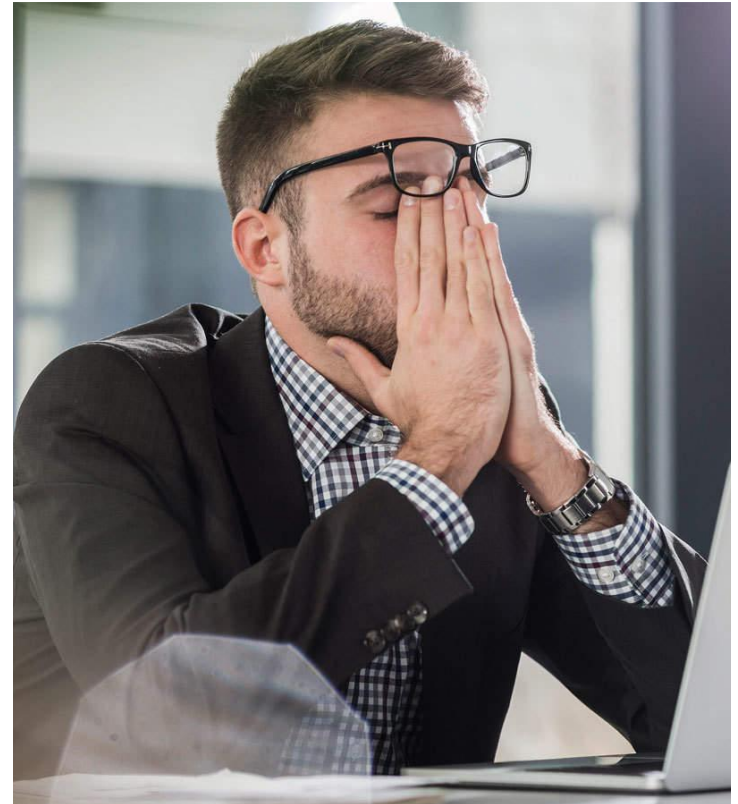


What is Stress...

Stress can be defined as **the way our body reacts** when we are exposed to stressors.

It is a demand, a change or a strain i.e., a stressor

Stress is often termed as a twentieth century syndrome, born out of man's race towards modern progress & its ensuing complexities



When you say, I feel stressed...

- You are probably feeling tired
- Irritated
- Exhausted
- Depressed
- Tensed
- Disappointed

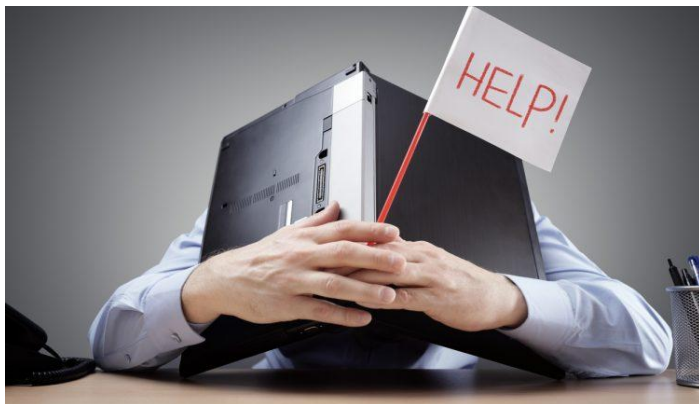


People look upon stress as something negative, stress is important in our life, for our survival and to function properly

However, both too little and too much stress can cause problems

It is not a question of avoiding stress, but rather learning to manage it & to use it positively

Stresses...



Eustress

a form of stress having a beneficial effect on health, motivation, performance, and well-being



Distress

the type of stress we are referring to when we say stress. It is the form of stress with negative implications



Effects of Stress...



Good Stress results into:

- Enables Concentration
- Increase Performance
- Energize into motions

Bad stress Distress results into:

- Anxiety or Concern
- Feel unpleasant
- Decrease in Performance
- Mental & physical Problems
- Outside of Coping Abilities

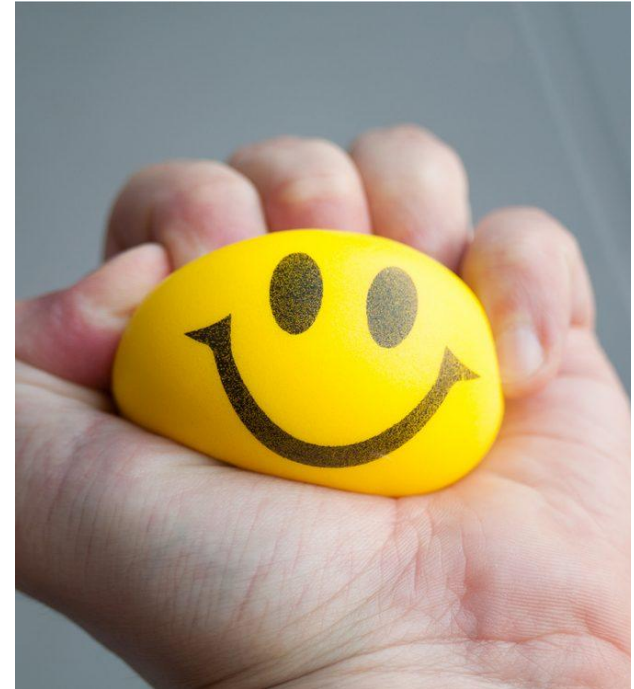
Causes of Stress...

- Job Insecurity
- High Performance demand
- Bad Boss
- Workplace Culture
- Personal or family problems
- Technology adaptation issues



Advantage of Managing Stress...

- You avoid unnecessary wear & tear on your body
- You improve on your physical & psychological well being
- You solve problems faster & more effectively
- You get along better with others



Stress Management ...

To manage the stress, one must be aware of ...

- Which stress affects you most
- Which signal tells you that you are under stress
- Which method can you use to manage your stress better
- What happens to you mentally & physically when you are exposed to stressor

Stress Response leads to...

- High Blood pressure
- Breathing become more rapid
- Muscles gets tensed & stiff
- Immune functions become weak
- Senses gets sharpened



Stress Management ...

Stress response mobilize energy in three phase...

- The body is activated, and energy is mobilized
- The level of energy adjust to demand level
- The energy level returns to normal



Stress Effects...

- Negative Effects - if you are not able to remove the stress
- Positive Effects – Able to handle the stress and had opportunity to improve it further

Stress has stimulating effect it helps in meeting the demand & challenges

Stress Management ...

If you learn to manage your stress, you can lengthen your life & improve its quality

Stressor or the Causes for the stress can be of two types...

- Tangible Stressors - Easy to ascertain & describe
- Emotional Stressor – Arises out of relationships, attitudes

Let us understand, what makes us feel stressed?

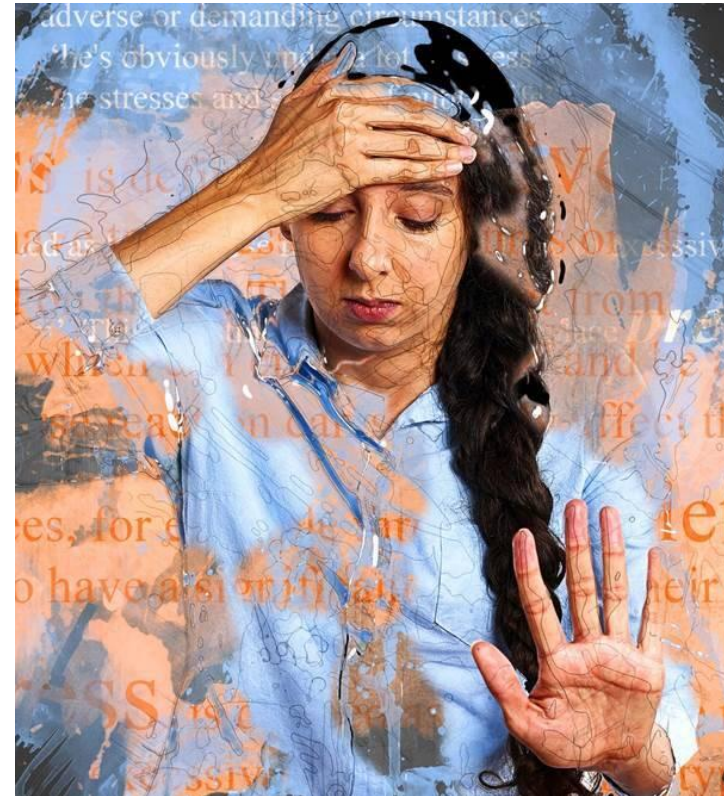
Tangible Stressors...



- Heat & Cold
- Noise & Pollutants
- Traffic
- Environment
- Lighting
- Finances
- Interruptions
- Waiting time
- Workload
- Lack of information
- Accommodation at office/home is just not sufficient
- Mental disorder

Emotional Stressors...

- Disappointments
- Matter of conscience
- Power struggle
- Problems in cooperating
- Difficulty in Communicating
- Jealousy
- Breach of contract/Agreements
- Inability to act
- Family Conflicts



Stress Signals ...

Everyone has their unique stress threshold which set the limits as to how much strain body can cope with...

Once the limits exceeds the body starts emitting stress signals symptoms...

It works as warning signal to remind you to do something.. Be careful and take it easy...

It can be of two types...

- General Signals
- Specific Signals



Stress Signals ...

General Signals...

- Breathing becomes more rapid
- Muscles get tensed/stiff

Specific Signals...

- Change in eating habits
- Decrease ability to concentrate
- Headache
- Digestive problems
- Fatigue
- Aggression
- Nervousness



Learn to notice your stress signals early, they are there even if you have not noticed them so far...

Stress Management ...

There are two types of approach to manage stress

- Here & Now Methods
 - To quickly reduce present level of stress
- Long Terms Methods
 - To gradually build up resistance to stress & to raise threshold



Consciously or unconsciously, everyone uses some form of Stress Management to cope up with tense situations in the short term...

Here & Now Method...

Regulate Breathing ...

- Sit back comfortably in a chair so that your body is well supported and does not slump or lie down
- Make sure your clothing is not too tight
- Take a deep breath and breath out slowly
- Breath in and out normally
- Continue breathing normally for 2-3 minutes
- When you feel your breathing is calm start saying to yourself, “ I am relaxed, I am comfortable ” for at least two to three times
- Practice this till the time you feel that you are completely relaxed...

Here & Now Method...

Relaxing Muscles ...

- Stretch – carefully - as far as you can
- Shake your arms and legs
- Relax the muscles & move the arms & legs freely to relax them
- Take a hot bath or sauna
- Big Laugh.. It is best therapy
- Get/Take a massage
- Physical Exercise
- Yawn vigorously
- Move your neck and shoulder muscles freely

Here & Now Method...

Relaxing Body ...

- Wear loose clothes and remove your shoes
- Lie down on floor
- Allow your body, arms and legs completely loose
- Breath in and breath out deeply for 3 - 4 times
- Close your eyes for 2 minutes and relax slowly
- Rub your palms and keep on your faces and eyes
- Open your eyes slowly
- Get up slowly
- Shake arms and legs
- Say that “I am relaxed & I am Comfortable” at least for 2-3 times.

Long Term Method...

Long-term methods affect the lifestyle, it is synonymous with changing a habit. Long term stress management methods enables to stay healthy, prolong & enjoyable life...

- Sleep for at least 7-8 hours a day
- Rest for 20 minutes at interval of 4-5 hours of work
- Physical Exercise for at least 10 minutes, at the start of the day
- Relaxation – practice yoga, meditation, listen to soothing music
- Overview and control- Plan and keep next 24 hours of your in control
- Positive Thinking – a mental discipline to start on positive note
- Proper Nutrition is a great step forward, go for right diet



Follow ABC Strategy...

A = AWARENESS

- What causes you stress?
- How do you react?



B = BALANCE

- There is a fine line between positive / negative stress
- How much can you cope with before it becomes negative ?



C = CONTROL

- What can you do to help yourself combat the negative effects of stress ?

Stress Management ...



In Summary ...

- Be prepared for changes
- Re-energize & re-motivate
- Avoid smoking, alcohol or drugs
- Have Positive Attitude
- Don't be complacent
- Be Patient & Calm
- Do Meditation/Yoga
- Listen to soothing Music
- Seek Support
- Try to create Visualization



Stress Management...

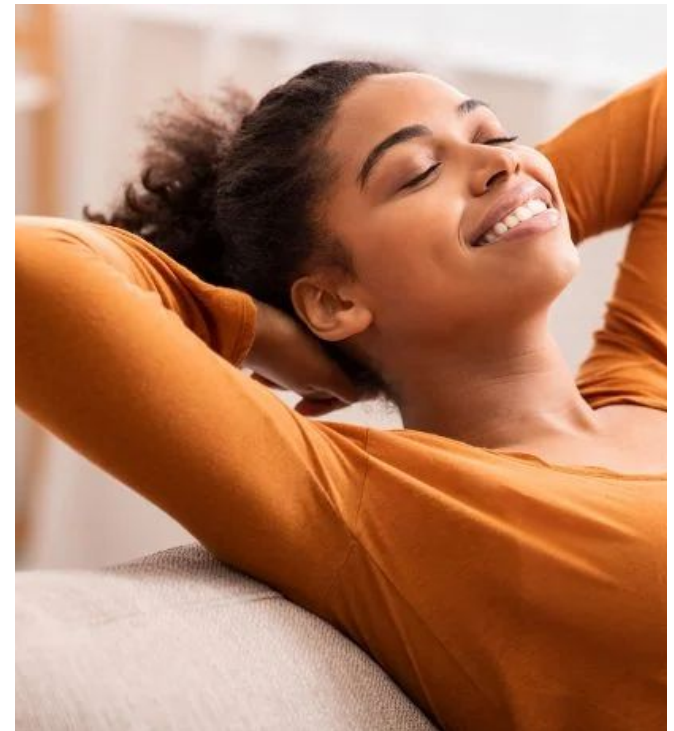
Decide right now! Choose to think positively.
Enjoy the things you have. Enjoy the things you
can do ...

Live while you have got life to live

Enjoy life-in spite of everything
It may just be better than the alternative

Positive thinking is an expression of joy of living
whereas negative thinking expresses sorrow for
what is not

Make stress management a habit







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