

STRESS MANAGEMENT

Stress management refers to a wide spectrum of techniques and psychotherapies aimed at controlling a person's levels of stress, especially chronic stress, usually for the purpose of improving everyday functioning.

Stress produces numerous symptoms which vary according to persons, situations, and severity. These can include physical health decline as well as depression. The process of stress management is one of the keys to a happy and successful life in modern society. Although life provides numerous demand that can prove difficult to handle, stress management provides a number of ways to manage anxiety and maintain overall well-being.

SIGNS OF STRESS-STRESS TEST

At a clinical levels, stress in individuals can be assessed scientifically by measuring the levels of two hormones produced by the adrenal glands: cortisol and DHEA(dehydroepiandrosterone), but managers do not have ready access to these methods. Managers must therefore rely on other signs, but they are indicators to prompt investigation as to whether stress is present.

Sleep difficulties

Loss of appetite

Poor concentration or poor memory retention

Performance dip Uncharacteristic

errors or missed deadlines

Anger or tantrums

Violent or anti-social behavior

Emotional outbursts

Alcohol or drug abuse

Types of stress

WAYS OF MANAGING STRESS

Stress reduction technique 1 – humor

Humour is one of the greatest and quickest devices for reduction stress. Humour works because laughter produces helpful chemicals in the brain. Humour also gets our brain thinking and working in a different way – it distracts us from having a stressed mindset.

Stress reduction technique 2 – brisk walk

A short quick really brisk walk outside, breathing in some fresh air stimulate our senses with new things.

Stress reduction technique 3 – self-talk

This can also be compared to auto-suggestion and takes our brain away from the stressor very easily. Chanting of prayers or simply talking about stupid things to ourselves take away the stress.

Stress reduction technique 4 - rehydrate

All of our organs, including our brain, are strongly dependent on water to function properly. It's how we are built. If you starve your body of water, we will function below our best – and we will get stressed, both physically and mentally.

Stress reduction technique 5 – catnap or powernap

A quick 10-30 minutes' sleep is very helpful to reduce stress. It's obviously essential if we are driving while tired, but a quick sleep is a powerful de-stressor too. A lunchtime snooze is very practical for home-workers- it just requires the realization that doing so is acceptable and beneficial (when we are conditioned unfortunately to think that sleeping during the day is lazy, rather than healthy).

Stress reduction technique 6- crying

Not much is known about the physiology of crying and tears, although many find that crying- weeping proper tears

– has a powerful helpful effect on stress levels. Whatever the science behind crying, a good bout of sobbing and weeping does seem to release tension and stress for many people.

Stress reduction technique 7- Proper diet

We should improve our diet. B vitamins and magnesium are important, but potentially so are the all the other vitamins and minerals: a balanced healthy diet is essential. Assess the current diet and identify where improvements should be made and commit to those improvements.

Stress reduction technique 8 – Reduce toxin intake

Toxin intake like tobacco, alcohol are never good de stressors and often lead to further stress. They might seem to provide temporary relief but they are working against the balance of the body and contributing to stress susceptibility, and therefore increasing stress itself.

Stress reduction technique 9 – Exercise

Taking up more & more exercise, generally at times when feeling very stressed, burns up adrenaline and produces helpful chemicals and positive feelings. These may include Aerobics, goings to gym jogging etc. **Stress reduction technique 10 – Relaxation methods** Use of relaxation methods relieves us from stress. These include yoga meditation, self- hypnosis , message, reiki etc.