



TECHNIQUES OF STRESS MANAGEMENT

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Abstract:

The purpose of the study is to find out the effective techniques of stress managements as physical fitness helps our bodies to stay strong, mental fitness helps us to achieve and sustain a good state of good mental health. When we are mentally healthy, we enjoy our life and environment. Therefore when we are showing sign of excessive stress, we can enhance our coping skills through techniques like relaxation, exercise, proper nutrition restructuring and anger management training.

Introduction:

The word STRESS possess the threat to our well-being. It appears when eternal events that make demands on us and the internal responses they trigger. According to **World Health Organization (WHO)** mental health include, “subjective well-being, perceived self-efficiency, autonomy, competence, intergenerational dependence and self-actualization of one’s intellectual and emotional potential, among others.”

Stress produces different physical and mental disorders like stress, depression, anxiety, relationship problems, addiction, learning disabilities, mood disorder or other psychological concerns. It may different in every individual. Although life provided numerous demands that can prove difficult to handle, stress managements provided number of ways to manage anxiety and maintain overall well-being.

Stress warning signs and symptoms:

Many researchers found that the warning signs and symptoms of stress can be separated in different categories

- 1) Emotional symptoms: Temper, feeling Overwhelmed
- 2) Behavioral Symptoms: Isolation, Drugs, Alcohol or Cigarette, too little sleeping
- 3) Physical Symptoms: Dizziness, Chest pain, frequents colds
- 4) Cognitive Symptoms Negativity, poor judgments, worrying, memory problem, lack of concentration

To identify our true source of stress, we have to look closely our habits which are changing, facing attitude problems and excuses in every work.

- Should we blame our stress on other people or outside events or view it as entirely normal and unexceptional?
Until we accepts responsibility for the role which we have creating or maintain it, our stress level outside our control.
- Should we explain away stress is temporary (I just have millions things going on right now) even though we can't remember the last time we watch movie in theater.
- Should we defines stress as an integral part of our home or work life. (Things are always satisfying here)

Way to Manage Stress:

Since everyone has unique response to stress, there is different for every individual. No same method for everyone in same situation so experience with different techniques and strategies. Aim is to what makes us feelings calms and control

- We should avoid the Stressor
- Change the Situation
- Except the stressor
- Adopt the stressor

Relaxations techniques help us to manage stress and improve our life style and health. These are the few relaxations techniques-

- a) **Muscle Relaxations:** Starting with face, tense the muscles and hold it for 5-10 seconds, release it and repeat. Moves to others muscles simultaneously jaw, shoulders, arms, hands, abdomen, thighs, legs, ankles working down to our feet. Repeat until free all the muscles throughout or body.
- b) **Correct Posture:** Straighten our spines aids circulating the bloods and relax from muscle tension.
- c) **Visualizing the situation** : Imagine our self in favorite location with comfortable atmosphere like forest, beach, farm, pub with specific weather condition and feeling.
- d) **Meditation:** Let sit in comfortable position, close the eyes focus on inner thoughts, or objects and try to pacify the soul.
- e) **Breathing:** Get the comfortable position. Slowly inhale through nose, exhale slowly through mouth up to completely empty the lungs. Repeat up to the relax.
- f) **Mindfulness:**Aware the present situation, we have to focus on our objects or feelings.
- g) **Time out and counting the numbers:**Take a moment and count up to 10, slowly. Breathe deeply before each count
- h) **Exercise:**Healthy children and adults are always active on daily basis. This should be because of regular exercise which is effective to motivate us to enjoy and stay calm in every situation. It helps us to build strong immune system.
- i) **Nutrition:**The food which we take has a direct effect on our energy level, health and mood. Enough each essential nutrient provides right amount of calories to maintain healthy weight. A well balance diet should contain Carbohydrates, Protein, Fats, Minerals, and Vitamins. Water should be regularly consumes in sufficient quantity.
- j) **Alcohol and drugs:**These are directly effect on our moods and body so if possible then either it consumes in limited quantity or avoided. If we regularly consume it in large quantity then it is directly harm our immune system and thinking capacity.
- k) **Rest and sleeps:**It is essential for maintaining healthy life from regular activities, allowing our body to relax. Spending time to rest can help to rejuvenate energy level. Rest should be completed in quite environment with peaceful mind.

- l) **Anger managements:**It is for overcome Negativity problems, poor judgments, short time memory problems and lack of concentration. This kind of training important for overcome rage and angry impulses. Anger often results from defeat and under intense pressure, controlling that anger is most difficult. This training must be help in to control our respiratory systems and response to disappointing situation. There are many healthy way to express our anger instead of taking on different individuals.
- m) **Social involvement:**It involves building and maintaining healthy relationship with others. It also plays a role in supporting optimal performance. It is multi-dimensional and it includes not only friends and family but also social gathering, religion recreation and hobbies. It helps to relieve stress, build concentrations with others.

Conclusion:

The relaxation techniques such as muscle relaxation, deep breathing, guided imagery , mindfulness, meditation and yoga based stress reduction are all effective treatment method for reducing the stress and anxiety that accompanies daily life and chronic illness. The stress reduction techniques received in this paper also improve the life style with no negative effects on body. Relaxation technique is essential for preventing stress related disease and enhancing health overall. Thus, this can be incorporated into all levels of prevention, addressing the need of different individuals with different settings.

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