

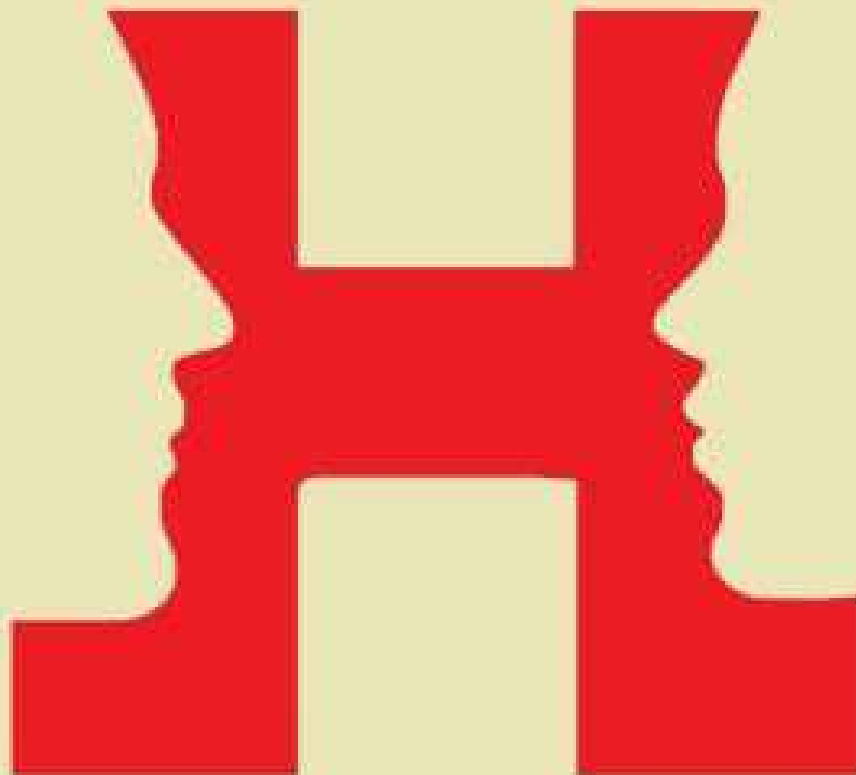
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BOOK 2

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6.**STRESS AND ITS MANAGEMENT****Dr. Aditya Kishor Sarwe**

Director of Sports, Bhiwapur Mahavidyalaya, Bhiwapur

STRESS AND DISEASE :

- The relationship between stress and disease is complex. Too many stressors or lack of coping skills can increase a person's risk of illness or disease.
- Stress can contribute in High Blood Pressure. People who tend to response to stressors with anger and hostility are at increased risk of Heart failure.
- Both emotional and physical stressors lead to decline in the body's immune response; stress, therefore, affects our ability to fight infection.

Stress can trigger or aggravate many other health problems, from asthma to post-traumatic stress disorder.

TECHNIQUES FOR MANAGING STRESS :

- Stressors from a variety sources- the environment, social interaction and our own bodies and minds are an inevitable part of life. Appropriate responses to stressors offer protection against the damaging effects of stress.
- Emotional and social support system helps buffer people from the effects of stress and makes illness and disease less likely.
- Exercises are coping technique that reduces anxiety and increases energy.
- Good nutrition helps the body build an energy bank necessary for coping with stress.
- Time managements is an effective coping technique for those who tends to procrastinate. Steps that can be taken include setting priorities, scheduling for peak efficiency, setting realistic goals, writing down goals, allowing enough time and dividing long term goals into short term goals.

Stress creating situation can be physical or psychological, pleasant or unpleasant. How people respond to stress helps determine their sense of well being and their feeling of control over their health and their lives.

WHAT IS SRESS :

- In Hans Selye's terms, stress is "the bodies total biological response to any demands." Physically, everyone responds to stressors in generally the same way.
- The bodies response to stress or General Adoptive Syndrome (GAS), has three stages- Alarms, Resistance and exhaustion. GAS is controlled by the Automatic Nervous System (ANS).
- The alarm stage of GAS is the fight or flight reaction. The Sympathetic Nervous System stimulates the release of chemical messengers that trigger changes in the body that mobilize it for action.
- The resistance stage of GAS, controlled by the parasympathetic Nervous System, allowed body to readjust; bodies system is regulated and any damage sustained is repaired. Both the alarm and resistance stages require considerable energy.

- The exhaustion stage occurs only if the body's reserve of energy (including addictive energy) is depleted in a stress response; the result are distorted perceptions, disorganized thinking and in extreme cases death.
- Most stressors of modern life can't be handled with a physical response; moreover, many of them continue indefinitely. A person whose body is constantly mobilized against these stressors may become a victim of 'disease of adaption.'
- Emotional and behavioural responses to stressors vary along individuals based on factors such as temperament, past experiences, belief and coping skills. Emotional responses can be moderated; behavioural responses can be controlled.
- The relaxation responses are the opposite of the fight or flight responses; technique that trigger is counteract the physiological effects of chronic stress.
- Relaxation techniques included progressive relaxation, imagery and mediation. Progressive relaxation involves testing and them relaxing parts of the body; practice leads to the ability to quickly relax. The use of imagery or visualization is a form of daydreaming or imagining; it aids not only in relaxing, but also in healing, changing habits, and improving performance. Through meditation, the world with all its stresses can be turned out.
- There are many cognitive strategies that can helps an individual cope with stress; these include worrying constructively, monitoring self-talk, and cultivating a sense of humour.

CREATING A PERSONAL PLAN FOR MANAGING STRESS:

- People can create successful individualized programme for coping with stress. Stressors and inappropriate behavioural responses can be identified and studied with a stress journal or log. Completing a contract and recruiting a buddy can help a programme succeed.
- Additional helps in dealing with stress is available from peer counselling, support groups and psychotherapy.

TAKE ACTION:

- CHOOSE A FRIEND or family member who seems to deal particularly well with stress. Interview that person about his or her methods of managing stress. What strategies does he or she used? What can you learn from that person that can be applied to your own life?
- Investigate the services available in community to helps people to deal with stress. Such as peer counselling, supports groups, and time managements classes. If possible, visits or gather information on one or more on them. Write a description and evaluation of their services, including your personal reaction.
- Read through the stress management techniques describe in a book for a week. If possible, select a behaviour or strategy, such as regular exercise or systematic time management, that you never tried before. After a probationary period, evaluate an effectiveness of the strategy you choose. Did your stress level decrease during time slots? Were you better able to deal with daily hassles and any more severe stressors that you encountered?

JOURNAL ENTRY:

1. Watch the Physical changes of the stress response when you're in stressful situation. In your health journal, keep a stress log in which you note how many times in a day you experience the

stress reaction to some degree. Also include a brief description of the circumstances surrounding your stress reaction. Is life more or less stressful than you expected.?

2. **CRITICAL THINKING** some techniques for stress reduction, including mediation, imagery and hypnosis are considered strange or unscientific by some people. Find out more about one such stress reduction techniques through library researches. What evidence can you find to support or oppose the idea that the technique can help people manage stress? Based on your research, write a brief essay in your health journal that gives you opinion on the stress managements techniques that you've chosen. As you consider the evidence, be sure to look closely at your sources of information.
3. Make a list of daily hassles that you commonly encounter, such as being awakened early by loud neighbours, standing in long lines for lunch, or repeatedly misplacing your keys. Divide your list into two groups: those stressors you may be able to avoid and those that are inevitable. For each stressor that is potentially avoidable describe a strategy for eliminating it from your life. For stressors that are inevitable, make a list of effective coping mechanisms.
4. Complete the "*Time Stress Questionnaire*" in this chapter to determine if you have difficulty with time related stressors. If you do, review your responses and select the five most substantial time related stressors for you; record these in your health-related journal. Next, make a list of concrete steps you take to deal with each of these key time related stressors.

