

Types of Stresses In Today's Life And Stress Management Techniques

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Abstract- stress is both 'distress' and 'eustress' the common feature being that the body has to make adjustments to too much happiness or too much sadness. Stress can cause various physiological and psychological disorders like heart disease, nervousness, depression, forgetfulness, migraine, arthritis, lack of concentration, suicide attempts - dependency on drugs - smoking, drinking and so on, depending on the factors that create stress for a person. It is an unavoidable consequence of life. Without stress, there would be no life. Nowadays during pandemic people face lot of stress relating to their family, their work and their relationships. Main focus of this paper is to know type of stress and stress reducing techniques which can help people to live some stress-free life and increase their mental health. There are lot of research work done by others on this area which help a lot to understand the things relating to stress. This paper will further help the others to study some new techniques for stress management.

Keywords- Stress, Anxiety, Conflict resolution, Meditation, People

I. INTRODUCTION

Stress is a word most commonly used now a days by people in their fast-moving life daily. Those who have conflicts with parents and siblings at home, or pulled up by teachers at school, failing in class, having fights with other students, concern about the future, not being able to cope with the school curriculum, having to face examinations, pressures of day-to-day living, loss of a loved one, etc, these people necessitate coping or dealing with them and stretch the body beyond its natural capacity are called stressors. Stress is a natural, ongoing dynamic and interactive process that takes place as people adjust to their environment. Stress may come out by positive or negative life events. Like someone might have experienced excessive joy and happiness in his /her life which brought tears to the eyes. This also takes time for our bodies to absorb the joy. So, Therefore, it is essential for everyone to understand the importance of optimum stress levels. It is very much like the stress on its sitar string, Not enough produces a dull, harsh sound. Too much I make a shrill, annoying noise, or causes the string to snap. However, just the Confine' and right degree can create magnificent

tones. Similarly, the level of stress under Stress Management in which the individuals operate is important: if they are not under enough stress, they may find that their performance suffers because they are bored and unmotivated. However, if they are under too much stress, once again they may find that their performance is adversely affected. Therefore, it is important that individuals recognize that they are responsible for their own stress, they should learn to monitor their stress levels, and adjust them according to the need of the hour. They need to realize that by managing stress effectively they can significantly improve the quality of their own lives.

II. REASONS OF STRESS

Emotional stress

Generation of negative feelings or negativity such as anxiety is known as Emotional Stress. during stress someone may not sleep well and have the problem hormone imbalances. During stress insulin level also effected due which other body problems may also generated.

Under stress immune system of human being go lower and the chances of becoming sick increases

Moreover, during stress human body feel tired and the person under stressed eat very low because the one part of the brain which controls reasoning and logic is work less and the other part (reptilian) of the brain becomes more active. This is where involuntary actions occur and take over, and as a result many judgements of that person becomes compromised. Examples: -- Psychological stress: emotional stress (resentments, fears, frustration, sadness, **anger** etc.), **self-criticism**, unworkable perfectionism, anxiety, panic attacks cognitive stress.

Nutritional stress

Association of the mood with food is most common thing in human being. The food taken by humans directly affect the immunity, nervous system and brain even the skin so the wrong choice of unhealthy food will cause nutritional stress.

In other words, the person under stress cannot absorb nutrient well due to restlessness and wrong choice of food like due to busy life people like to eat readymade and junk food which is not good for health and make several problems.

So, in modern life it is very necessary to a make healthy choice of food to reduce little bit stress.

Environmental stress

It is the stress that occurs due to the undesirable things involved in the environment. Human activities have drastically increased these stresses like electromagnetic pollution generated through high use of technology, noise pollution by use of vehicles and heavy machinery and many other modern life stresses.

The environment can have positive impact and also negative impacts which may lead to stress. The environmental stress that we are subjected to include; extreme temperatures which makes one discomfort and may lead to health problems. Noise also contributes to stress where one cannot hear the other part properly thus straining also may damage the eardrums. Light and long exposure to darkness affects sleeping patterns. Several colours may cause fatigue. Natural disasters are also a stressing factor in the environment. Other stressors in the environment include insects, crowds, war between students, air quality and dull colours (Mechanic D, 1978).

Moreover, environment nowadays is also under stress due high use of chemicals and electromagnetic radiation people exposing on daily basis. By degrading environment people degrading themselves.

Society's daily exposure to chemicals is another issue we should be paying more attention to. There are already about 140,000 chemicals in the environment, with 2000 new chemicals added each year. It's distressing to realise that only a small percentage of the thousands of chemicals on the market have been investigated for health impacts - and many are harmful.

To handle these stresses, one needs to avoid areas the environments with the stresses or control them. With noise cause by human activities one can encourage the rooms to have sound proofs and also if people make noise, one should encourage them to keep quite or lower their voices. Coping with temperatures one may need to have a fan to regulate the temperatures around. This stresses lead to poor family relationships where one member is depressed in the family and cannot communicate the challenges leaving other family

members worried. Also, the environmental stressors may cause diseases which may be a burden for the members to treat them. Noise in the environment causes misunderstanding among members of the family also darkness disrupts family activities. In conclusion, environmental stressors need not to be a big problem in our social life because they can be easily regulated to create a good environment.

Dental Stress

The shape and size of your mouth determines the shape and size of your upper airway. "The mouth is the site of the two most common infections – tooth decay and gum disease – and gum disease is linked to diseases like heart disease, cardiovascular disease, diabetes and cancer," says Dr Ehrlich.

The health of people compromises who do not sleep well and breath well. Even the jaw joints affect the ability to chew food effectively and this leads to in digestion if food is not chewed well.

Because the mouth is also the initial section of the digestive tract, occlusion or jaw joint abnormalities can damage your ability to chew food properly, which is the first stage of digestion. We will jeopardise our nutritional health if we do not digest our food adequately.

The mouth and face are the most sensitive areas of the body, receiving a significant amount of neurological input from both the central and autonomic nervous systems. Dental stress is caused by imbalances in individual teeth or the way teeth connect, referred to as your bite. This can cause facial pain, tension headaches, neck aches, jaw pain, and more.

Postural stress

Postural stress occurs when an undesired movement or static position is repeated over and over again, resulting in muscular imbalances. For Examples: Most people begin their days by sitting in their cars; then proceed to a working desk where they sit all day in front of a computer; then return home by sitting in their cars, sitting even more during a long rush hour; and finally, end the day by sitting on the couch watching their favourite television show. Muscle imbalances might result from this regular seated routine, resulting in a crippled posture. When a person's posture is disturbed, movement in both daily life and exercise might result in injury because his or her body is out of alignment. The "rounding" and elevation of the shoulders, as well as the tightening of the chest muscles as well as the back muscles, are all common postural distortions.

Postural stress has a significant impact on human health and well-being. Postural pain, for example, restricts breathing, makes ingesting more difficult by squashing the intestines, and puts additional strain on the body.

Isolation stress

In recent time when the whole world is facing the covid-19 pandemic the people face various stresses like isolation living stress, working with new techniques, job loosing etc. due to pandemic there is very less social interaction as people needs to stay at home as much as possible and remain isolated if they are corona positive which leads to stress and depression. people feel that they are now no more the part of the society and friend circle. They feel ignorant by family members also which results in stress.

stress management techniques:

- Social activity
- Conflict resolution
- Meditation
- Music as a coping strategy
- yoga
- Somatic training
- Time management
- Speak out and seek support
- Be Assertive

Social activity

Interpersonal relationships play a vital role in to make the life stress free. Social ties, linkages, or affiliations between two or more persons are referred to as interpersonal relationships. Relationships differ not only in terms of closeness and self-disclosure, but also in terms of duration, reciprocity, and power distribution, to name a few.

Relationships are the foundation of social groupings and society as a whole, and are governed by law, custom, or mutual agreement.

So spent time with family and friends may help someone feel more positive, less isolated and far from several stressful things. Company of genuine and positive people who cares their near and dear one a lot is necessary as these persons may also be able to suggest new ways to reduce stress.

Do not spend time on negative people as these people are toxic so why let them exist in your life? Sometimes it is better to become selfish and stop spending time with negative

people. Don't forget the quote, "you are the average of the five people you spend the most time with".

SPEAK OUT AND SEEK SUPPORT

Stress is not a sign of weakness and not a horrible thing that a person has to go through alone. sharing the problem of stress with family and friends is better way to tackle with this. Even some family members and friends who may have faced similar thing in past can give you tips from their experiences on how to handle stress. for example, if someone is stressed at work, he or she should speak with his or her co-workers or line manager, in whom he or she has great faith. Some companies even have employee support systems in place where, after assessing an employee's general health, they might be referred for additional treatment or recommended for stress leave.

BE ASSERTIVE

Sometime when a person feels unable to say no to other for unreasonable thing is also become the reason of stress. Learning the management of expectations of others may reduce the stress because doing the things that are not fully end by the person may disappointed everyone which leads more stressed for him. Push back where necessary and understand that compromise may be the best option.

Conflict resolution:

when there is disagreement between two or more persons due to different opinion it is known as conflict. Conflict is unavoidable in our professional lives. Promotion chances, compensation disagreements, a sense of a lack of appreciation, and personal differences may all be reasons for conflict at work. As a result, conflict resolution is a technique for resolving a problem in a peaceful manner.

“Leadership and conflict go hand-in-hand. So, a good leader should address conflict in a healthy and productive way”

“You can't win an argument. You can't because if you lose it, you lose it; and if you win it, you lose it” says Dale Carnegie

These two quotes are very helpful in the conflict resolution at work place. • Avoiding conflict is one of the five conflict resolution strategies. A person who employs a "avoiding" method is attempting to ignore or circumvent the problem in the hopes that it will resolve or disappear on its own.

• Accommodating \s• Compromising \s• Competing \s• Collaborating are also some tools of solving conflict.

Getting a hobby:

Research shows that people who have some hobbies are less suffer from stress, depression and bad mood. so having a hobby make the people calm and feel happier and more relaxed. Moreover, group activities can improve communication skills and relationship with others.

A hobby increases the mental health and well- being of persons.

Area of interests may be creative, athletic, academic, or something distinctly personal. A person may choose a hobby that can be performed. alone or as part of a group. the only thing that matter is a hobby or an activity must be something meaningful or enjoyable for him.

Meditation:

Meditation is an effective and great way to manage stress and get mind relaxation There has been a lot of study done on the health advantages of meditation, such as decreased stress, better sleep, less anxiety, and greater consideration, to name a few.

“Research suggests that daily meditation may alter the brain’s neural pathways, making you more resilient to stress,” says psychologist Robbie Maller Hartman, PhD, a Chicago health and wellness coach.

Meditation is a key to get peace of mind. thus, focusing on breathing and sensations of body can play a vital role in controlling emotions and reducing anxiety

Music as a coping strategy

There is a great link between the Music, Emotions and the body. Through music one can feel more Enlightened in mood, emotionally strong and positive about the life.

. Researchers at Stanford University have said that "listening to music seems to be able to change brain functioning to the same extent as medication." They pointed out that music is something that practically everybody can listen to, which makes it a simple stress-reduction strategy because music with a fast tempo keeps people attentive and focused. A slow beat music can help in relaxing the nerve system and muscles and releasing the stress.

Even when performed relatively loudly, Native American, Celtic, and Indian stringed instruments, drums, and flutes are particularly good at relaxing the mind. Rain,

thunder, and other natural noises can be relaxing when combined with other music, such as classical (the "largo" movement), and easy listening music. But type music will put effect on the stress will firstly depends upon the type of music an individual like.

Yoga

Yoga is known as great antidote to stress from past many years “Yoga is a way of coping with stress at a fundamental level that changes both your stress response and your perception of it,” says Sat Bir Singh Khalsa, PhD, an assistant professor of medicine at Harvard Medical School who studies the psychophysiological mechanisms underlying yoga and meditation. “Yoga also leads to increased awareness of what feels good and what doesn’t. The more you tune in to this, the more likely you are to gravitate toward healthy behaviours and away from unhealthy ones.”

now yoga becomes very popular as more and more people realise the benefits of this ancient practice. The whole world is now celebrating the world yoga day every year on 21st June. Yoga is a combination of many stress reducing techniques like learning to control the breath and relax the body. Only Surya namaskar having 12 asanas heal several problems of human body.

Time management

Mostly working people are under stress due to lack of optimum use of time and heavy burden of multitasking. Finding strategies to work more efficiently in order to maximise the use of one's time is part of time management. List-making, task analysis and scheduling, and job prioritising can all be done with a variety of strategies and technologies. For example, PERT and CPM is a good mathematical technique for doing crucial projects on time having no. of activities. The basic time management process involves the following steps:

- A thorough study of the various steps that must be performed to get a particular task completed.
- Identify the preferences of all activities involve in the task
- detecting interdependencies between steps that could lead to bottlenecks
- putting together a plan using various memory tool and other.
- Chasing performance a teach step immediately after occurrence Taking what has been learned from previous experience and putting it into practise to

improve the efficiency with which certain procedures can be complete

Following can result stress due to lack of time management:

Fatigue, rapid change in mood, problem in concentration, weak memory, less sleep etc.

Spreading Stress from Predictable Sources

It is usually possible to estimate all those events that will be stressful, then pre-planned these events so that these can put minimum stress on one's life. Stressful occasions should be scheduled when the person has fewer duties and can devote more attention. For example, doing any project work during late office hours may put huge stress. Even wonderful life transitions, such as getting married or welcoming a new kid into the family, can become unpleasant and overwhelming when too many things happen at the same time. Predictable stressors, on the other hand, can often be scheduled at times when they are easier to manage.

Somatic exercises

- The term somatics is derived from the Latin word *soma*, meaning "the living body." **Somatic training** involves performing movement for the sake of movement, focusing on inner experience and expanded internal awareness is needed throughout the exercise.

somatic exercises can include Body-Mind Centering, Feldenkrais method, Laban movement analysis, Rolfing

Other exercises that can also be considered somatic, such as:

- dance
- yoga
- Pilates
- aikido

These exercises can help a person to learn more efficient and effective ways of moving and replace older, less helpful patterns of movement and learn something from each movement. Getting more in touch of one's own body is also increases his/her emotional awareness. It is related with somatic therapy as both have the same idea of to connect body and mind to create internal awareness.

III. CONCLUSION

There are several types of stress in today's life due various reasons like pandemic, technology changes, changes in life style and habits etc. one cannot totally eliminate stress from the life but can reduce it and control it. So instead of hiding and ignoring one should use one or combination of these techniques to overcome the stress so that can enjoy the life and get success in career by facing many challenges.

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