

STRESS MANAGEMENT BY DR. KASHIKA JAIN

(<https://youtu.be/4J-sbFCZSpo>)

Stress

Basically stress is a biological response to the pressure in various situations and events. It can be felt as emotional or physical tension.

Psychologically speaking *stress is an negative attitude towards the difference between the expectations and the reality.*

Stress can motivate to improve yourself and drive you to work harder or it may lead to anxiety , depression, aggression. It is up to us how we deal with it.

What leads to stress

- Self talk – While we are talking to ourselves if we keep complaining about things around us or our situation and if the self talk is mostly focused on our weaknesses it leads to stress.
- Negative thoughts – Negative thinking about any given situation or overall negative approach towards the life leads to stress.
- Inability to fulfill the responsibilities – If we are unable to fulfill our basic responsibilities towards family, society, ourselves or society , then we feel stressed.
- Lack of exercise – Lack of exercise or physical activity affects the physical and mental health leading to hormonal imbalances which will result in stress.
- Ungratefulness – Ignorance about the things those are positive in life and being ungrateful to what one has been given in life, that again leads to stress.

Benefits of relaxation techniques

- lower fatigue
- improved digestion
- lower blood pressure
- improved sleep quality
- reduced anger and frustration
- slower heart rate and breathing rate
- improved concentration and elevated mood
- maintains normal blood sugar levels
- reduces activity of stress hormones
- increases blood flow to major muscles and organs of the body
- reduces muscle tension and chronic pain
- boosts confidence to handle problems

Things affecting the stress levels

- Food

Balanced healthy whole diet can keep your stress levels under control. Eating Junk food, unhealthy food at inappropriate times can harm your stress level. So its important to be careful about what you eat and when you eat.

- Drinking habits

Too much alcohol and chemically preserved carbonated drinks , less consumption of mineralized water can increase the stress levels.

- Thoughts

Negative thoughts will create a negative energy in the atmosphere. Negativity will always lead to stress.

- Environment

Unhealthy work environment and unhealthy home environment causes negativity leading to increased stress levels.

- Behaviour

The overall behaviour of the individual, his actions and reactions, ability to handle the situation will determine the stress levels. Same situation can affect different individuals differently causing various levels of stress depending on their behaviour pattern.

Relaxation techniques

For getting visible and maximum benefits of the relaxation techniques, one has to be consistent and practice the techniques over and over again on a regular basis. One should make it a part of his or her lifestyle. Make it a habit.

1. B. R. E. A. D

Breathing – In stressful situation, just stop doing whatever you are doing for a minute, close your eyes and focus on the breathing. While breathing in, inhale the air as much as possible, the stomach should get filled up while doing so and when exhaled the stomach should go in making a concavity. This kind of breathing will help you to calm yourself and relax.

Realistic expectations - Because of globalisation and easy access to all the things around the globe, we compare ourselves to others and try to achieve greater things and keep our expectations quite high without considering the surrounding parameters. Instead we should keep realistic goals and take baby steps to avoid any disappointments and stressful situations. Our expectations and goals should be realistic.

Exercise – Regular exercising is helpful for maintaining a good healthy life. That will automatically help with the stress levels.

Awareness – Being aware about ourself and the conditions surrounding us, we can deal with the day today situations more effectively. Thereby reducing the stress.

Diet and Daily routine – A balanced diet and a balanced daily routine will keep the stress levels in check. Proper diet, adequate sleep, balance between work and personal life, having some time for hobbies, relaxation and time for friends and family can help in reducing the stress.

2. B- C- D (Birth - Choice – Death)

Natural birth and natural death, both are out of anyone's control. In between these two events we have a life which is full of *Choices*. We have a power to choose. In any situation we have a choice of how to think about it and how to react. We can choose to stay calm or we can get overwhelmed with the stress. The good thing about choices is you can change your choice anytime and make a better one which will make you calm.

3. POWER OF FOCUS

While doing multiple things at a single time brain gets over stimulated. That leads to increase in secretion of stress hormones. It leads to anxiety, anger, depression, sadness. That will affect the quality of work too.

So it is always better to do one task at a time and give your full focus on that one task. It will increase the efficiency and the quality which will give you the satisfaction.

4. CONTROLLING THE THOUGHT PROCESS

Thought is a group of certain words. These words or the thought will lead to our specific emotions. These emotions decide our behaviour and actions.

So in a way we can control our thoughts and that way we can control our behavior. So repeating positive thoughts in the back of our mind will lead to the positive emotions and positive actions. It will keep the individual calm and composed even in stressful situations.

Through guided meditation techniques , we can improve our thought process by feeding our mind with positive thoughts.

5. D. O. S. E.

It involves the understanding and secretion of happy hormones.

Dopamine – Its an achievement molecule, also known as feel good hormone. It is secreted when we get the sense of achievement. It does not matter how big or small achievement it maybe. So get rewards, find motivation, reach your goals in order to keep the optimum levels of dopamine. Set small goals for each day and achieve it. That will give a sense of achievement.

If it is not secreted enough , one may feel lonely, depressed, unworthy.

Oxytocin – It is known as love hormone. It secrets when we meet our loved ones . Make time for friends and family. Trust others , be trust worthy, lean on someone, build social interactions and form good emotional bonds. That will help with oxytocin secretion.

Serotonin – It is a mood manager. It regulates feelings of well being and happiness, regulate anxiety and controls sleep. Its deficiency makes an individual anxious, aggressive and may cause insomnia.

It is released when an individual do something empathetic selfless act. It will make you feel valued. Physical activities like running, dancing, stretching, massage also helps in secretion of serotonin.

Endorphin – It releases after physical activities. Cardiovascular activities are quite effective in increasing the endorphin levels. They reduce the perception of pain and trigger a positive feeling in the body.