

STRESS MANAGEMENT

Stress is a part of modern life; with increasing complexity of life, stress is likely to increase. Various events in life cause stress, starting with the birth of a child and ending in the death of a dear one.

If work-related stress is not recognized, acknowledged and managed appropriately, it can lead to serious illnesses ranging from heart disease to mental disorders, to productivity decreases and to substantial rehabilitation costs.

What are the Factors of Stress?

Challenge is an essential part of every job if maximum performance is to be achieved from staff at all levels. However, it is important to remember that individuals have finite mental and physical resources, and cannot always deal appropriately with the challenges they face. Employees, from time to time, need support! The 'stress carrier' employer who believes that achieving higher and higher levels of profit requires more and more pressure being placed on staff, with little or no support, seems unaware that people, just like machines, can malfunction - and do, on occasion, breakdown.

There are various factors which creates stress on any human being.

1 Environmental Factors

- Economic Uncertainty
- Political Uncertainty
- Technological Uncertainty
- Organizational Factors

2 Individual Factor

- Family Problems
- Economic Problems

- Personality

3 Individual Differences

- Perception
- Job Experience
- Social Support

4 Demographic Pressures/ Changing Societies

- Increasing Urbanization
- Aging Population
- Changing Gender Roles

How to Manage the Stress

A Stress management program cannot be undertaken lightly. It takes commitment to manage and reduce stress, but it also takes a commitment to reduce health risks. By controlling stress, we are in actually controlling our health.

Many people believe that they have no choice but to work all the hours available. Be aware of your needs, and try to develop a fulfilling private life as well as a career.

Stress management programs address six areas:

1) Attitude

A person with a positive attitude is less likely to feel stressed when confronted with a changing environment. For positive attitude we should keep in mind abbreviation of positive;

2) Time Management

Basic time management principal can help individual's better cope with tension created by job demands. A few of the more well-known time management principles are;

- * Making daily lists of activities to be accomplished.
- * prioritizing activities by importance and urgency.
- * scheduling activities according to the priorities set.
- * Knowing your daily cycle and handling the most demanding parts of your job during the high part of your cycle when you are most alert and productive.

3) Physical Activity

When you are under stress, your entire body becomes tense and your posture changes.

Physical activity and exercise is a key to long-term stress management. The benefits of exercise are multiple; however, always consult a health care provider before embarking on any new exercise regime. Cardiac and respiratory functioning and increase stamina. As the body attains fitness, the body's better able to handle stress.

4) Nutrition

A proper healthful diet will help reduce stress. Since stress can deplete the body's store of vitamins, the body becomes more vulnerable to infection. People under stress often seek relief through drug or alcohol abuse, tobacco use, abnormal eating patterns, or passive activities such as watching TV. These are self-destructive habits that compound the effects of stress, starting a perpetual cycle.

- Eat food rich in proteins, vitamins and minerals. Avoid carbohydrates, and fats.
- Eat small meals at regular intervals.
- So we should take balance diet and at proper time. Drink lot of water every day.
- Reduce your intake of caffeine by replacing tea or coffee with juice or water.

5) Social Support

- Social support from family, friends and colleagues can decrease stress.

- Establishing good rapport with colleagues by sharing common stressors and solutions can relieve a tense environment and improve productivity.
- Express your feelings in writing , it can be just as effective in reducing stress as speaking with another individual.
- Nurture your self and others. Helping others can take the focus off of a stressful situation, and lead to new friends and support systems.

6) Relaxation

Relaxation does the opposite of stress: lowering blood pressure, pulse rate and respiratory rate, releasing muscle tension, and easing emotional strain. So, when ever feel stressed, we should take proper rest.

Choose any suitable time and a quite place and relax your body .Breath slowly and deeply.

Learn to mediate – The goal of meditation is the attainment of a state of calm awareness.

Sleep better – Switch off all stimulating activities. Listen to music, watch television and take a milky drink or herbal tea before sleeping.

Always try to identify the stress on us. These regular efforts can improve our health and work efficiency.

Reduce stress by

- Learn how to spot your stress warning signals, and then act on them.
- Do not be afraid to talk about situations that you find stressful.
- Take a stroll when you are stressed- it can help restore you