

STRESS

KUON?

AUR KAISE KARE MANAGE?

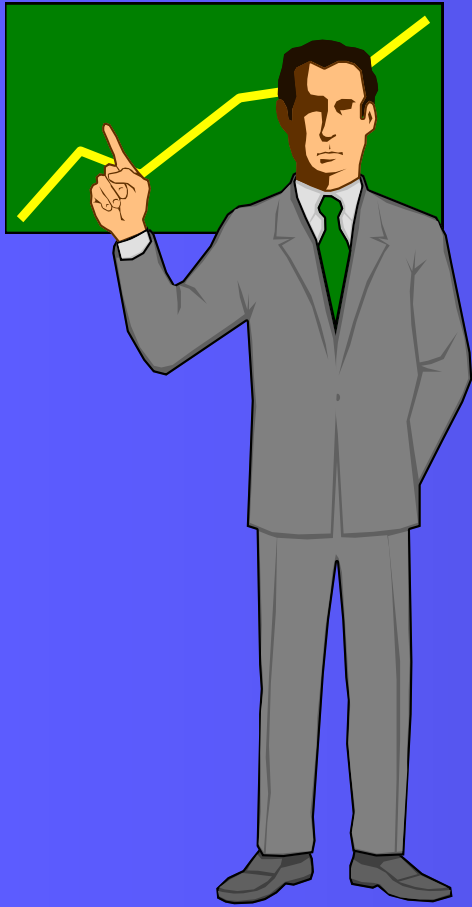
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Outline

- What is Stress ?
- Causes of Stress
- Check your anxiety level
- Symptoms of stress
- Stress Management

What is Stress?

- ❖ Stress is a state of Mind
- ❖ Stress is a mind-body reaction/response to a situation
 - To flight from/fight the situation.



Definition

$$S = P > R$$

- Stress occurs when the pressure is greater than the resource

Why Stress Happens?

- ❖ When a situation/condition is not Acceptable to us
- ❖ When we want to do/get something but are unable
- ❖ When ego is hurt
(feedback, comments, criticism...)
- ❖ When we loose something which we feel as important

Cont....

- ❖ Stress is mostly due to
 - Fear(of Future)
 - Worry(about Past)
 - And not so much due to Present Moments
- ❖ It is always due to the perception of Mind
 - Different people 'feel' different stress levels for the same situation



Are you Stressed?

Check your anxiety levels

- ❖ Almost always feel irritated when you are at the office?
- ❖ Always feel you are achieving less than you should?
- ❖ Almost always feel the pressure to succeed?
- ❖ Feel there is more work than you can handle?

Cont....

- ❖ Feel exhausted, confused, or irritable much of the time?
- ❖ Frequently have disturbed sleep?
- ❖ Notice a change in your appetite?
- ❖ Often have aches and pains?

Stress Can Be Helpful or Harmful

Helpful (eustress): extra energy to meet physical challenges, solve problems and reach goals

Harmful (distress): can cause headaches, backaches, loss of appetite, fatigue, digestive problems, depression, difficulty focusing thoughts and impaired memory

Symptoms of Stress

- Physical symptoms
- Mental symptoms
- Behavioural symptoms
- Emotional symptoms



Physical Symptoms

- Sleep pattern changes
- Fatigue
- Digestion changes
- Headaches
- Aches and pains
- Infections
- Indigestion
- Fainting
- Sweating & trembling
- Tingling hands & feet

Mental Symptoms

- Lack of concentration
- Memory lapses
- Difficulty in making decisions
- Confusion
- Disorientation
- Panic attacks



Behavioural Symptoms

- Appetite changes - too much or too little
- Eating disorders
- Increased intake of banned substance
- Restlessness
- Nail biting

Emotional Symptoms

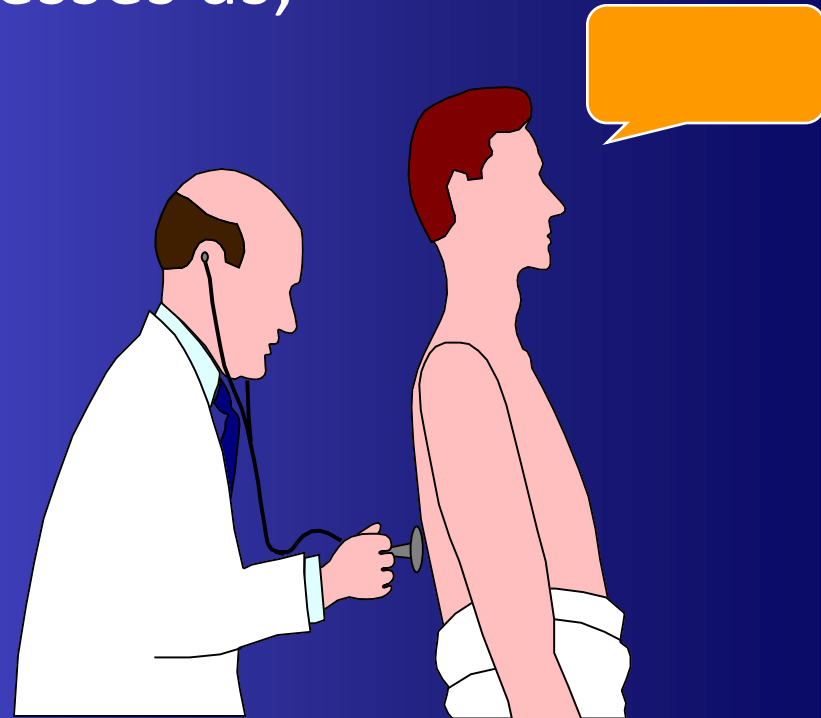
- Bouts of depression
- Impatience
- Fits of rage
- Tearfulness
- Deterioration of personal hygiene and appearance



Stress Related Illnesses

Stress is not the same as ill-health, but has been related to such illnesses as;

- Cardiovascular disease
- Asthma
- Diabetes



Cont....

- Digestive disorders
- Ulcers
- Skin complaints
- Headaches and migraines
- Depression



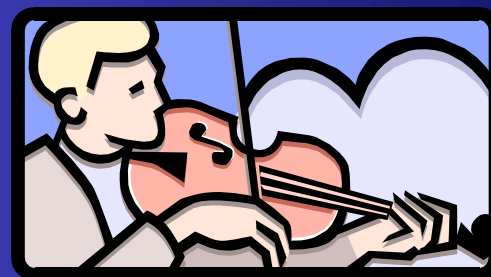
How can I manage
my stress?

NO!!!





YES!!!!



Stress Control

A B C STRATEGY

ABC STRATEGY

A = AWARENESS

What causes you stress?

How do you react?

ABC STRATEGY

B = BALANCE

There is a fine line between positive /
negative stress

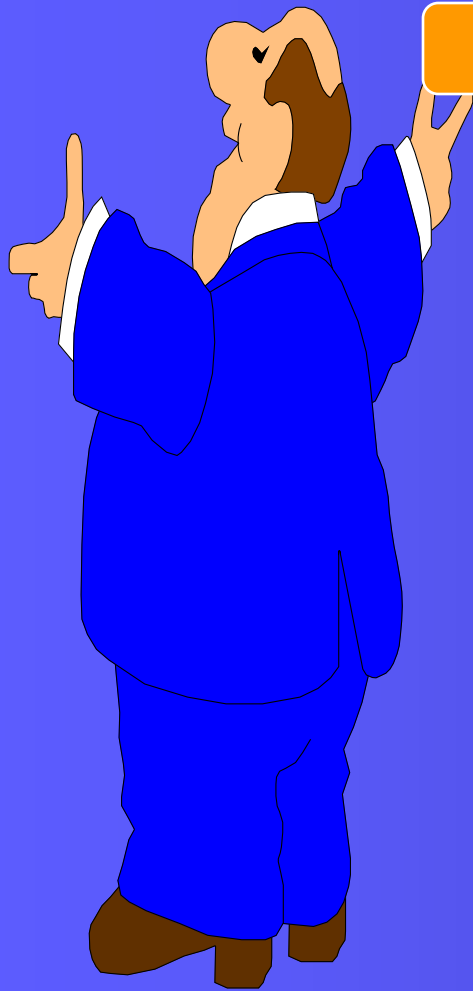
How much can you cope with before it
becomes negative ?

ABC STRATEGY

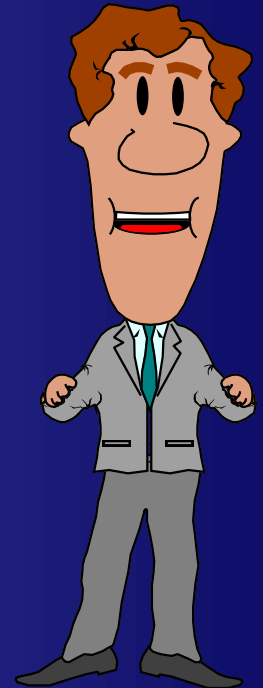
C = CONTROL

What can you do to help yourself combat the negative effects of stress ?

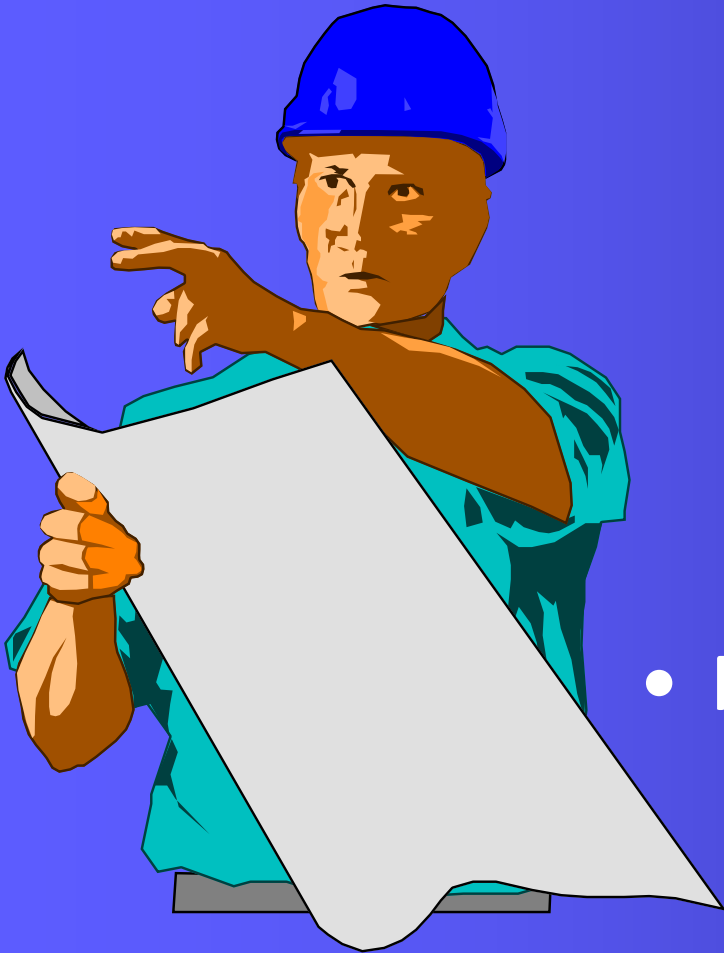
Stress Management Techniques



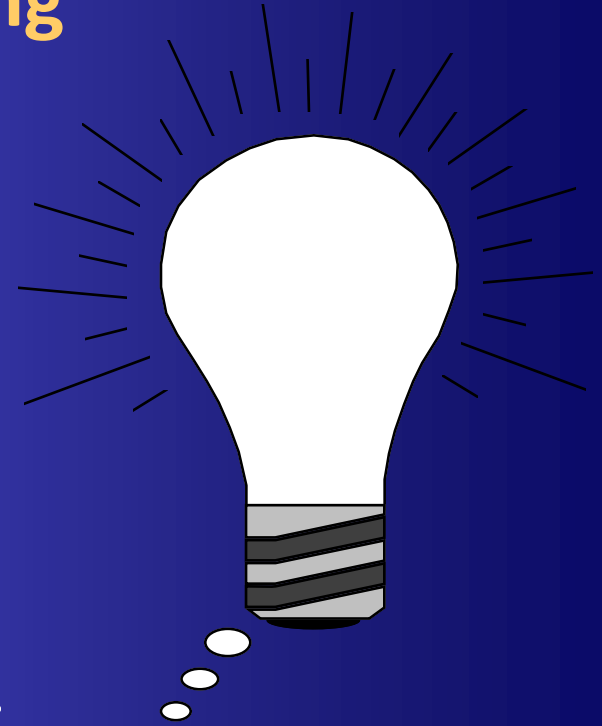
- Change your thinking
- Change your behaviour
- Change your lifestyle



Change your Thinking



- Re-framing
- Positive thinking



Re-framing

Re-framing is a technique to change the way you look at things in order to feel better about them. There are many ways to interpret the same situation so pick the one you like. Re-framing does not change the external reality, but helps you view things in a different light and less stressfully.

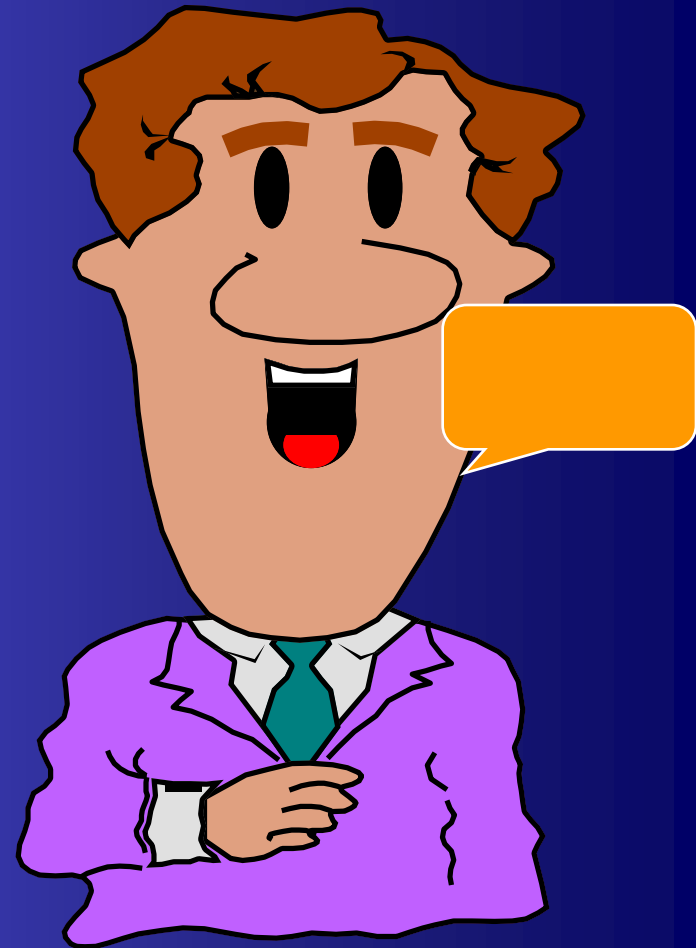
Positive Thinking

Forget powerlessness, dejection, despair, failure

- Focus on your strengths
- Focus on positives
- Learn from the stress you are under
- Look for opportunities
- Seek out the positive - make a change.

Change your Behaviour

- Be assertive
- Get organised
- Ventilation
- Humour
- Diversion and distraction





Time Management

- Make a list

What MUST be done

What SHOULD be done

What would you LIKE to do

- Cut out time wasting

Cont...



- Plan your day
- Set achievable goals
- Don't waste time making excuses for not doing something



Change Your Lifestyle

- Diet
- Exercise
- Sleep
- Relaxation



Diet



- Eat right – balanced, nutritious diet
- Minimize sugar, fats, avoid banned substance

Benefits of Exercise

- Improves blood circulation
- Lowers blood pressure
- Clears the mind of worrying thoughts
- Improves self image
- Makes you feel better about yourself
- Increases social contact

Sleep

- Good stress reducer
- Difficult to cope when tired
- Wake refreshed after night's sleep
- Plenty of daytime energy



Benefits of Relaxation

- Lowers blood pressure
 - Combats fatigue
 - Promotes sleep
 - Reduces pain
- Eases muscle tension

Alternatives

- Conventional Medicine
- Counselling & psychotherapy
- Relaxation
- Meditation
- Massage
- Yoga
- Homeopathy

THANKS