

Stress Management and its Impact

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Abstract

T In this paper we will observe the critical impact of the changing lifestyles and advancements in various fields of life. Terms like stress, anxiety, hyper tensions are now a days are being commonly associated with today's living patterns. Stress levels are demonstrating a very positive trend across all the demographic profiles of India. Youth is the soft target of this fatal movement. Indian youth is unable to face the challenges of demanding lives and is falling easy prey to the circumstances. There is a steep rise in youth suicide cases all across India.

Keywords: *Stress meaning, causes, effects, and ways to reduce.*

JEL classifications : *D63, P36.*

1. Introduction

Stress is a state of mental tension and something that causes strong feelings of worry caused by problems in our life. Stress affects the mind, body and behavior in many ways, and everyone experiences differently. Stress lead to serious mental and physical health Problem. Stress is a common term applied to many mental and psychological pressures experienced by people feel in their life.

Work- stimulate stress is now widely recognized as a significant problem in the health service as well as in all other sectors of the economy. The Health and Safety Executive says that workers in health and social care have some of the highest rates of self-reported illness due to stress, anxiety and depression. Stress can also contribute to accidents and errors by employees, low morale and poor performance. It has a major impact on the well-being of staff, their productivity and effectiveness.

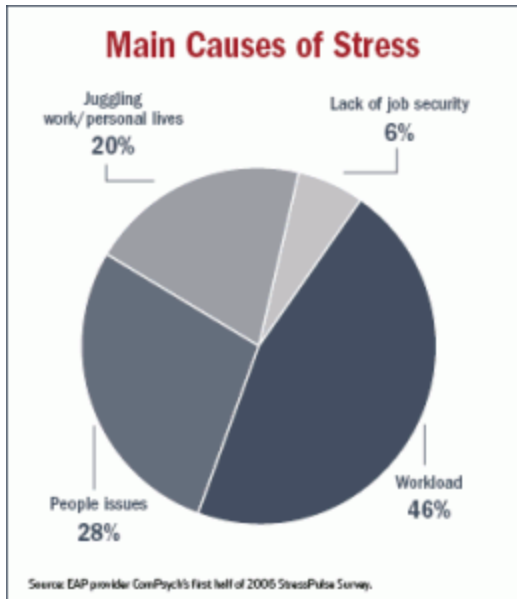
2. Types of Stress

Acute stress is the most ordinary appearance of stress. It is inducted as a effect to an immediate threat, expected demands, or pressures of the recent past or of the near future. The threats or demands can be real or perceived. Examples include rushing to meet a project deadline, stressing over an exam, worrying about the fender-bender you just had, etc

Chronic stress involves situations that are not short. It is the nonstop stress that wears on people continuously. It often develops when the individual doesn't see a way out of a bad situation. Examples of chronic stress include relationship problems, workplace pressures, & financial or health worries.

Periodic Stress is the type of stress that develops when continuous disorganization & crisis is a way of life for the individual. Episodic stress can also arise when an individual constantly worries. These individuals tend to be pessimistic, which causes them to be anxious & sometimes depressed.

3. Causes of Stress



Causes of stress can be classified under various heads. Stress affects body, behavior and even emotion.

It's Effects on body

- [Erectile dysfunction](#)
- Fainting spells
- [Headache](#)
- [Heart disease](#)
- Hypertension ([high blood pressure](#))
- Loss of libido
- Lower immunity against diseases
- Muscular aches
- Nail biting
- Nervous twitches
- Pins and needles
- Sleeping difficulties
- [Stomach upset](#) etc

Effect on your thoughts and feelings

- Anger
- [Anxiety](#)
- Burnout
- [Depression](#)
- Feeling of insecurity
- Forgetfulness
- Irritability
- Problem concentrating
- Restlessness
- Sadness
- [Fatigue](#)

Effect on your behavior

- Eating too much
- Eating too little
- Food cravings
- Sudden angry outbursts
- Drug abuse
- Alcohol abuse
- Higher tobacco consumption
- Social withdrawal
- Frequent crying
- Relationship problems

4. Burnout Phenomenon

Stress has become inseparable part of our lives but still there is enough room for strategies which can be adopted or practiced to fade off the effect of stress. Some of them are as follows:

- Exercise-This technique is a very sure sort technique it not only improves the tone of the body but uplifts the mood and blood circulation .Due to physical workouts quality of sleep also improves.
- Cut down on excess of caffeine/nicotine/tobacco intake-Intake of substances of such origin destroys the body from within. They create a sense a temporary relief but in long run they lead to various health hazards.
- Deep breathing-This practice improves blood circulation, relaxes body and mind which in turn diminishes the impact of stress.
- Walk-Walking in today's life style is one of the best ways to curb off stress. It enhances blood circulation, uplifts mood, is an easy workout and if practiced around lush green environment can bring lot of peace to mind and body.
- Nurture a hobby-Nurturing a hobby relaxes one's mind to a greater extent.A person thinks in diversified directions with respect to his hobby and this in turn gives him break from his mundane life style.
- Time Management-It is an age old concept that if a person makes a proper time table and follows it he can manage his life to a greater extent. He can allocate time for various activities and will seldom fall short of his personal time.
- Division of Work-Dividing the work among the people involved with you is a very smart way of working. It improves social interaction, reduces pressure and improves quality of work
- Be assertive-A person must know his limits and should be diplomatic enough to say NO whenever required.
- Relax and rest-Sitting and relaxing, watching TV, spending time with friends etc is very important. If a person will remain in same state of mind for long hours then his chances to fall ill will increase and in turn magnify the effect of stress.

9. Conclusion

We can manage the stress by different therapies like relaxation, drug therapy and psychological therapies. By using above therapies lot of tension and worries can be minimized. Stress is a recurring phenomenon and is all pervasive. One needs to learn how to manage his stress effectively.

Recommendations:

A methodical loom called the risk management process is recommended for the avoidance of work-related stress. Discussion is vital to each step of the risk management process. The ways that employees can be involved in the risk management procedure are revealed underneath. Make out potential work-related stress hazards (refer to potential causes of work-related stress on previous page) work-related stress hazards. Evaluate the work-related stress risks Participate in the assessment by: work-related stress risks take place your health. Organize the work-related stress hazards and risks hazards and risks in your workplace can be implemented in your workplace. Execute constant upgrading place to control work-related stress hazards and risks and to management may have generated.

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