

Stress Management



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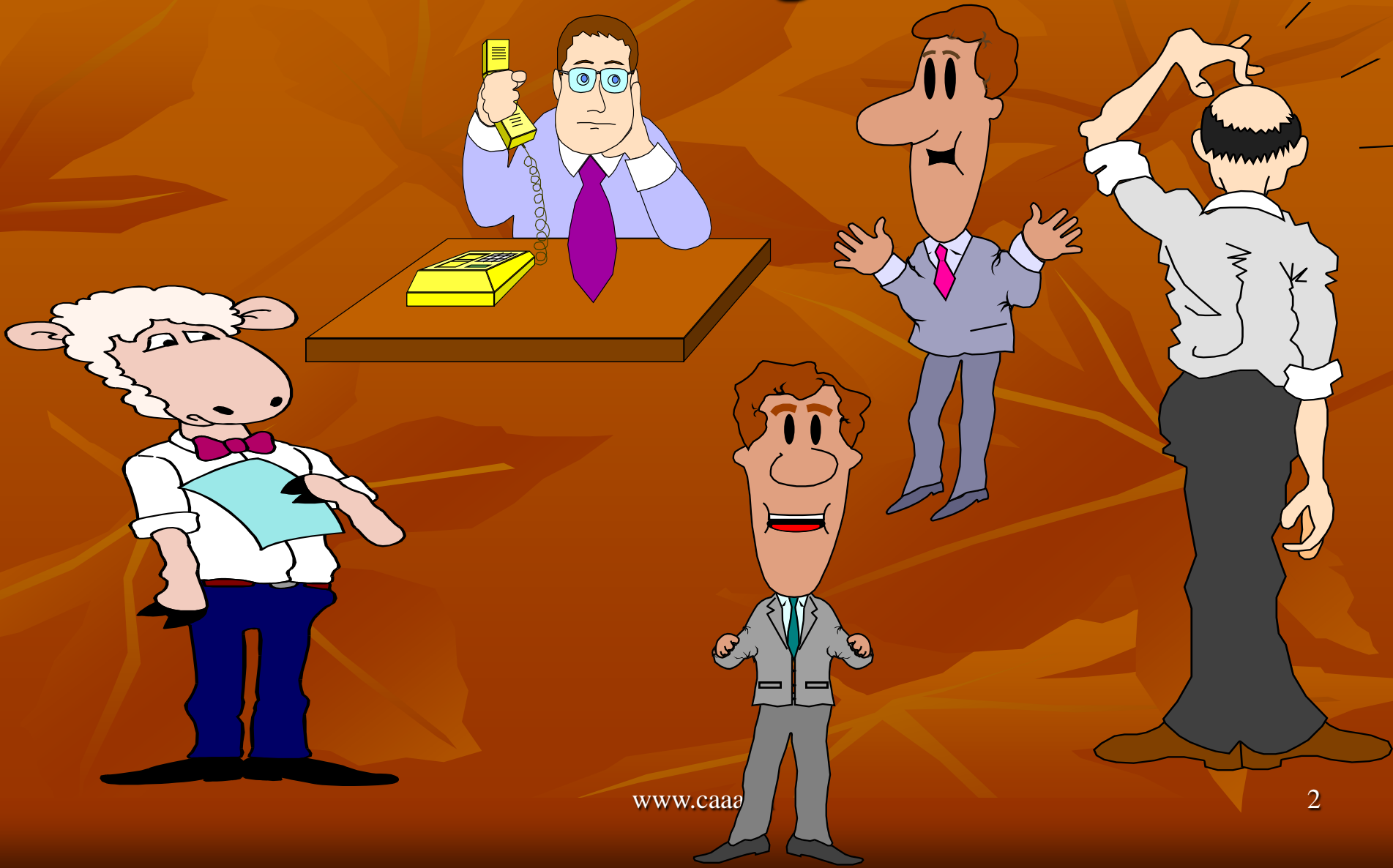
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Stress Management



What is Stress?

*"Stress is simply the adaptation
of our bodies and minds to
change."*

Peter G. Hanson, M.D.

The Truth is.....

**"Men for the sake of getting a
living forget to live."**

Margaret Fuller



The effect of Stress.....

"One moment of patience may ward off great disaster, one moment of impatience may ruin a whole life."

Chinese wisdom

LEVELS OF STRESS

EUSTRESS

Eustress or positive stress occurs when your level of stress is high enough to motivate you to move into action to get things accomplished.

DISTRESS

Distress or negative stress occurs when your level of stress is either too high or too low and your body and/or mind begin to respond negatively to the stressors.

Probable Symptoms of Stress

- Insomnia
- Loss of mental concentration
- Absenteeism
- Depression
- Substance abuse
- Extreme anger and frustration
- Family conflict
- Migraine, Headaches and back problems.



STAGES OF STRESS

ALARM STAGE

As you begin to experience a stressful event or perceive something to be stressful psychological changes occur in your body. This experience or perception disrupts your body's normal balance and immediately your body begins to respond to the stressor(s) as effectively as possible.

EXAMPLES

- Cardiac - increased heart rate
- Respiratory - increased respiration
- Skin - decreased temperature
- Hormonal - increased stimulation of adrenal genes which produce an adrenal rush.

RESISTANCE STAGE

During this stage your body tries to cope or adapt to the stressors by beginning a process of repairing any damage the stressor has caused. Your friends, family or co-workers may notice changes in you before you do so it is important to examine their feedback to make sure you do not reach overload.

EXAMPLES

- Behavior indicators include: lack of enthusiasm for family, school, work or life in general, withdrawal, change in eating habits, insomnia, hypersomnia, anger, fatigue.
- Cognitive Indicators include: poor problem solving, confusion, nightmares, hyper-vigilance.

RESISTANCE STAGE

MORE EXAMPLES

Emotional indicators include:

- tearfulness
- fear
- anxiety
- panic
- guilt
- agitation
- depression
- overwhelmed.

EXHAUSTION STAGE

During this stage the stressor is not being managed effectively and the body and mind are not able to repair the damage.

EXAMPLES

Digestive disorders, withdrawal, headaches, tension, insomnia, loss of temper.

Types of Stress

- Work Stressors
- Body Stressors
- Mind Stressors
- People Stressors

Work Load

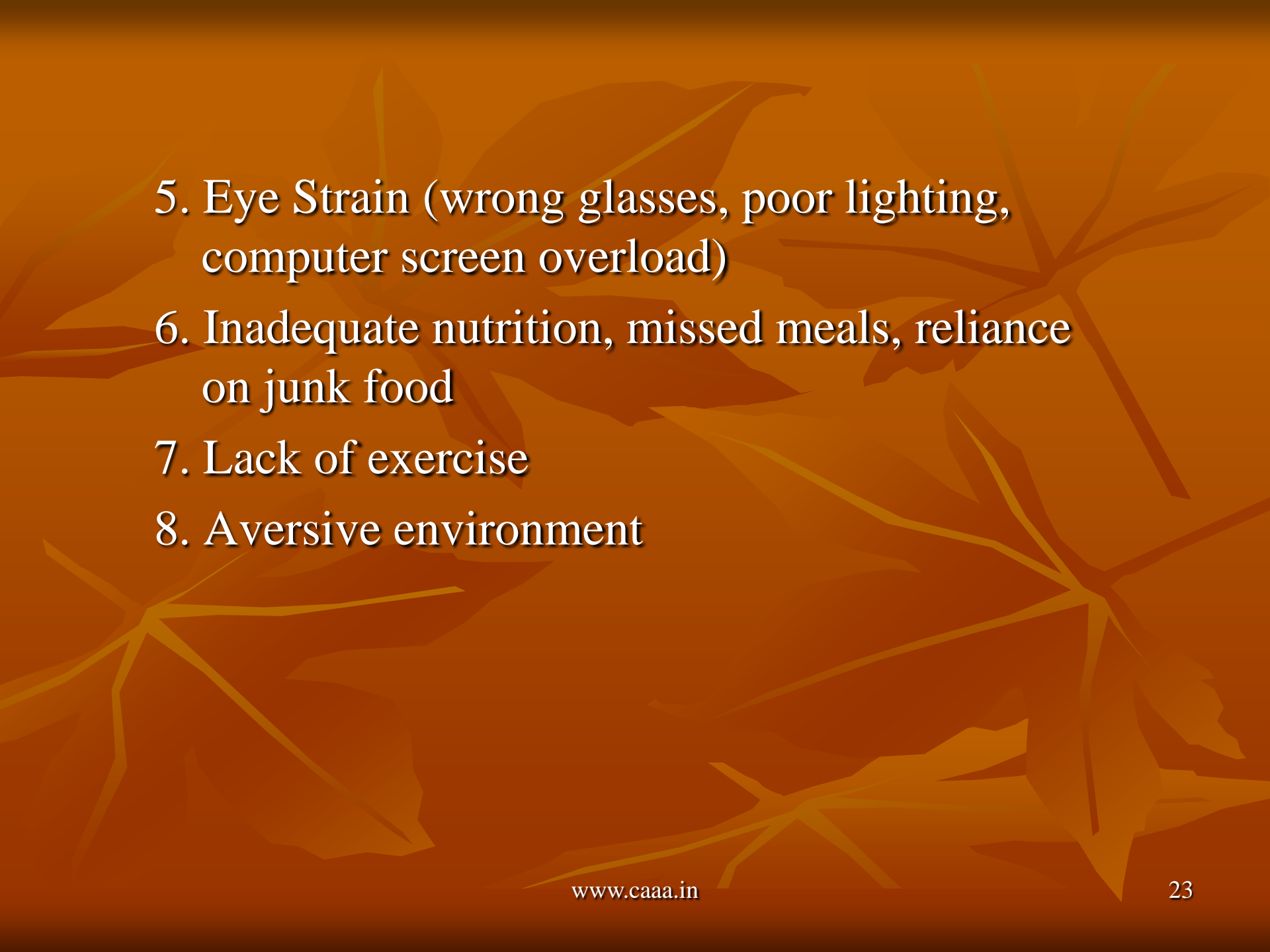
1. Always too much work; never able to relax
2. High Pressure periods; deadlines, test come all at once
3. One or two difficult courses take all my time; no time left for anything else
4. Efforts often seem for nothing – Don't get satisfying results

Work Load

- 5. Seems like I have a lot more work than roommate, friends
- 6. I have to work harder than roommate and friends to get the same results
- 7. My job takes up too much time; I can't afford to cut back
- 8. My stress is complicated by commitments I can't get out of

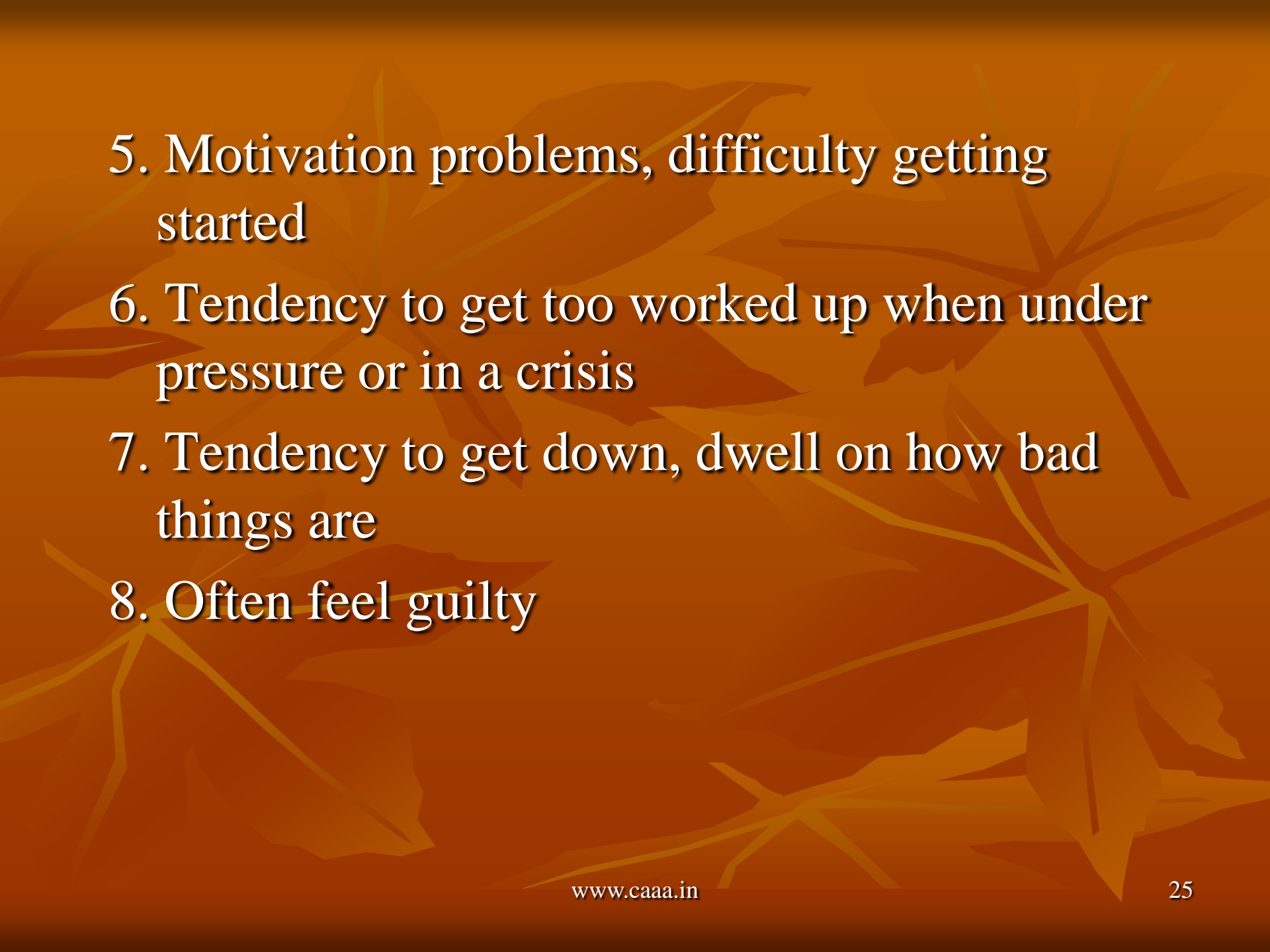
Body

1. Insufficient sleep
2. Frequent colds, sickness
3. Negative effects from caffeine, nicotine, alcohol, etc.
4. Uncomfortable chair, poor posture, excessive time hunched over book or computer.

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5. Eye Strain (wrong glasses, poor lighting, computer screen overload)
 6. Inadequate nutrition, missed meals, reliance on junk food
 7. Lack of exercise
 8. Aversive environment

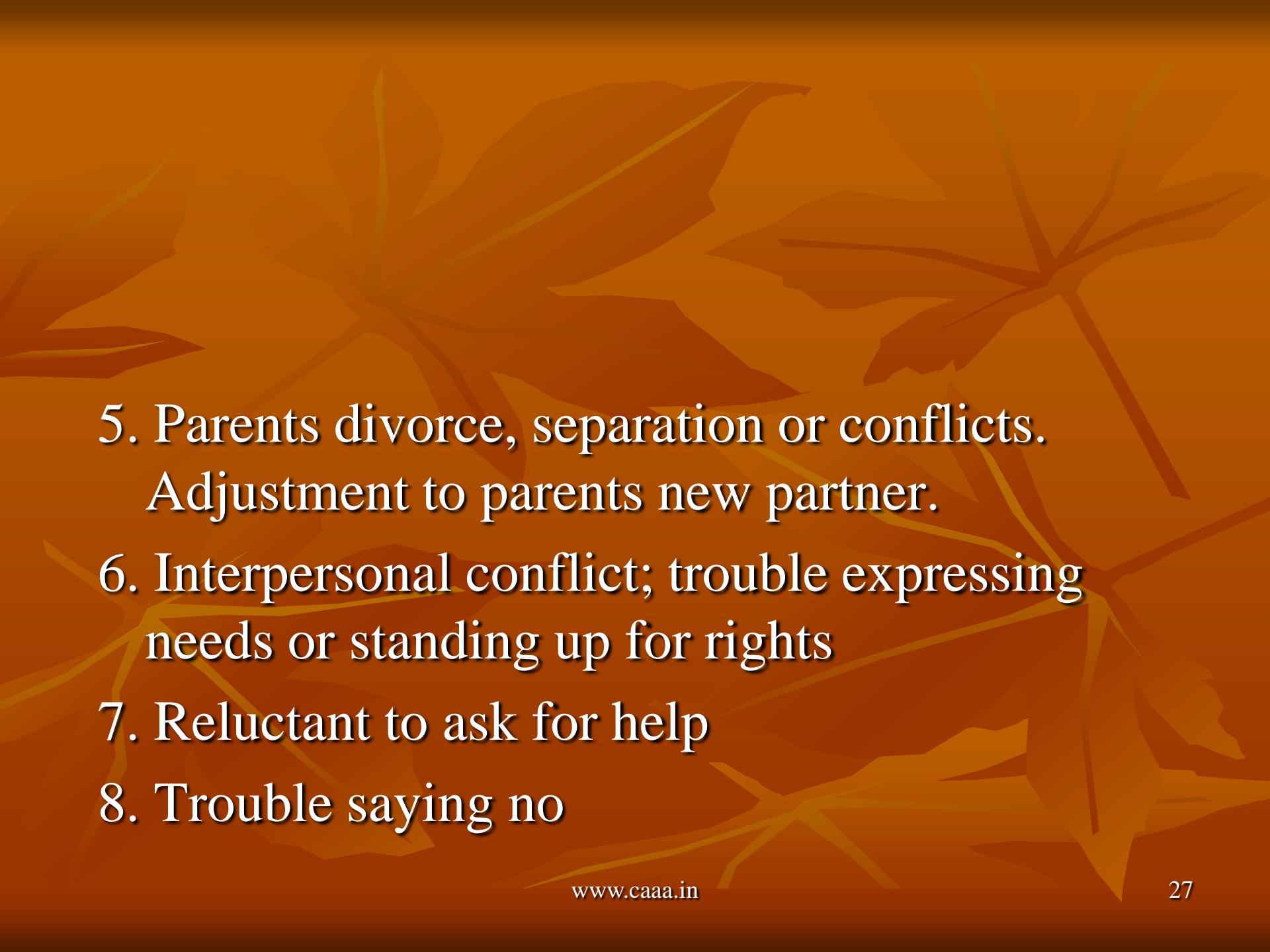
Mind

1. Worry about what people think?
2. More time spent thinking about what can go wrong than what can go right
3. More time spent thinking about what DID go wrong than where you can go from here
4. No time to think, always having to do

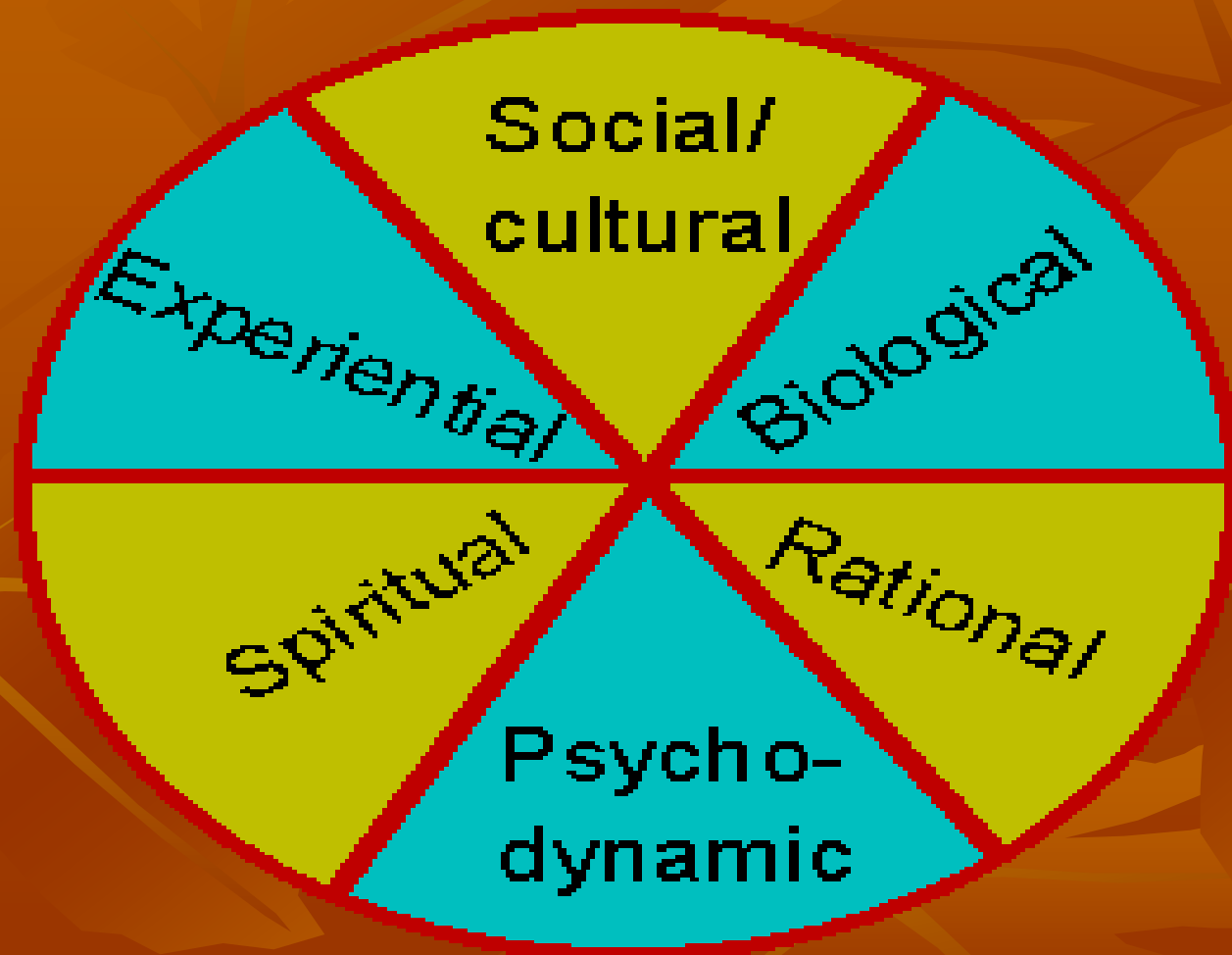
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5. Motivation problems, difficulty getting started
 6. Tendency to get too worked up when under pressure or in a crisis
 7. Tendency to get down, dwell on how bad things are
 8. Often feel guilty

People

1. Tension with family, friends or romantic partner
2. Incompatibility with roommate's habits, schedule, lifestyle
3. Change in relationship; love lost/gained new romantic partner
4. Death of a close friend or family member

- 
5. Parents divorce, separation or conflicts.
Adjustment to parents new partner.
 6. Interpersonal conflict; trouble expressing
needs or standing up for rights
 7. Reluctant to ask for help
 8. Trouble saying no

Causes of stress



Possible Causes of Stress

- Job Insecurity
- High Performance Demand
- Bad Boss

Possible Causes of Stress

- Workplace Culture
- Personal or Family Problems
- Technology

Stress Performance Connection



Positive Stress



Negative Stress



The cost of ignoring stress

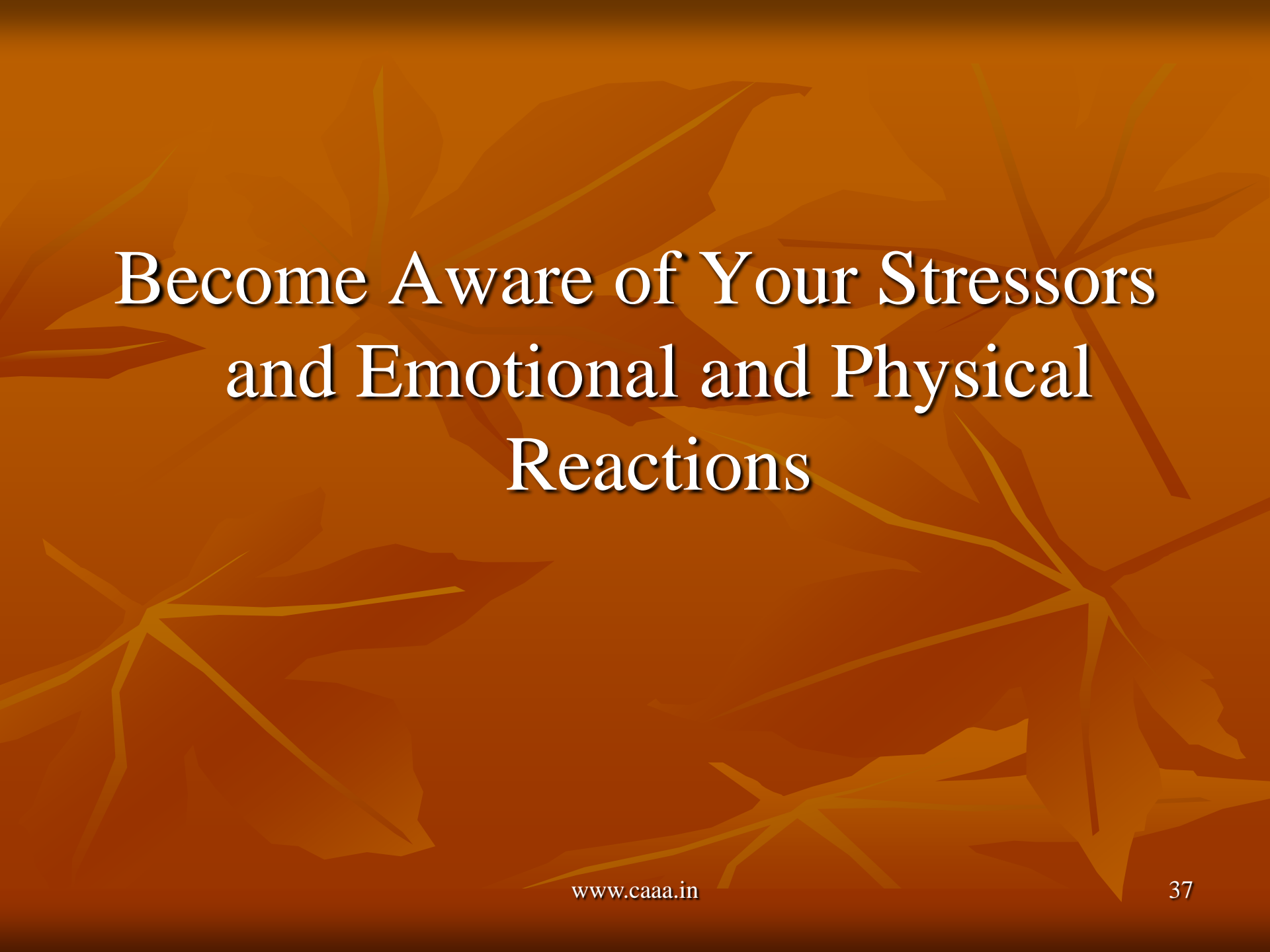
- Work-related stress can result in high levels of employee turnover.
- Employees experiencing stress are more likely to make poor decisions and casual errors.
- Workplace relations and customer service may deteriorate

If That's Not Enough....Then Hold Your Breath

- Stress causes Aging
- Stress has proven to be Fatal

ABC Strategy for Stress

- A = Awareness
- B = Balance
- C = Control



Become Aware of Your Stressors and Emotional and Physical Reactions



Find out what you can change



Reduce the intensity of your
emotional reactions



Learn to moderate your physical
reactions to stress

Solution

- Build your physical reserves
- Maintain your emotional reserves
- Eliminating Stress From Your Environment

Ways to cope up with stress

- Healthy ways
- Unhealthy Ways

Healthy Ways

- Be Prepared for Changes
- Find and protect time to refresh, re-energize and re-motivate.
- Avoid giving in to alcohol, smoking and other substance abuses.

Healthy Ways

- Positive attitudes towards stressful situations in life.
- Don't be complacent.
- Sit straight and comfortably on your seat, and try breathing exercises
- Try creative visualization

Unhealthy ways of coping with stress

These coping strategies may temporarily reduce stress, but they cause more damage in the long run:

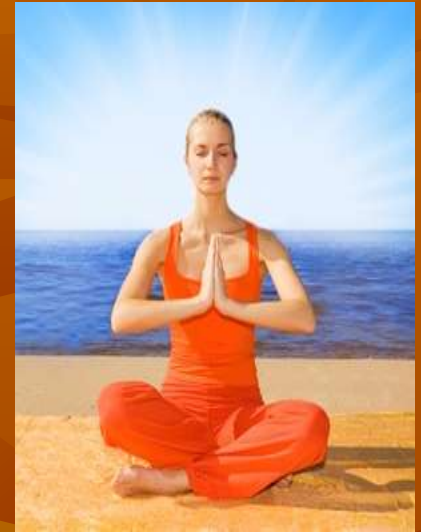
- Smoking
- Drinking too much
- Overeating or under eating
- Zoning out for hours in front of the TV or computer
- Withdrawing from friends, family, and activities

Unhealthy ways of coping with stress

- Using pills or drugs to relax
- Sleeping too much
- Filling up every minute of the day to avoid facing problems
- Taking out your stress on others (lashing out, angry outbursts, physical violence)

Make time for fun and relaxation

- Go for a walk.
- Spend time in nature.
- Call a good friend.
- Sweat out tension with a good workout.
- Write in your journal.
- Take a long bath.



Make time for fun and relaxation

- Savor a warm cup of coffee or tea.
- Play with a pet.
- Work in your garden.
- Get a massage.
- Curl up with a good book.
- Listen to music.

Adopt a healthy lifestyle

Healthy Lifestyle can increase resistance to stress by strengthening physical health.

- Exercise regularly
- Eat a healthy diet
- Reduce caffeine and sugar
- Avoid alcohol, cigarettes, and drugs
- Meditate regularly

**'That the birds of worry and care
fly above your head, this you
cannot change. But that they build
nests in your hair, this you can
prevent.'**

MORE STRATEGIES

- “What is Stress” Web Site. <http://www.teachhealth.com>
- How to reduce and relieve stress “Web Site. <http://www.family.com>
- “Stress Relievers” Web Site. <http://www.residentassistant.com>
- “Massage” Downing, G. (1972). Massage Book. New York: Random House.
- “Aromatherapy” Web Site. <http://www.aromaweb.com/articles/wharoma.as>
- “Yoga” Web Site. <http://www.kevala.co.uk/yoga/overview.htr>

A man with dark hair and glasses is smiling and holding a white rectangular sign with both hands. The sign has blue text on it. His fingers are visible at the top and bottom edges of the sign. The background is a plain, light-colored wall.

Stop Stressing,
Start Living.

About the Author

- *CA. Rajkumar S Adukia is an eminent business consultant, academican, writer, and speaker. He is the senior partner of Adukia & Associates.*
- *In addition to being a Chartered Accountant, Company Secretary, Cost Accountant, MBA, Dip IFR (UK), Mr. Adukia also holds a Degree in Law and Diploma in Labour Laws and IPR.*
- *Mr. Adukia, a rank holder from Bombay University completed the Chartered Accountancy examination with 1st Rank in Inter CA & 6th Rank in Final CA, and 3rd Rank in Final Cost Accountancy Course in 1983.*
- *He started his practice as a Chartered Accountant on 1st July 1983, in the three decades following which he left no stone unturned, be it academic expertise or professional development.*

About the Author

- *He has been coordinating with various Professional Institutions, Associations, Universities, University Grants Commission and other Educational Institutions.*
- *Authored more than 50 books on a vast range of topics including Internal Audit, Bank Audit, SEZ, CARO, PMLA, Anti-dumping, Income Tax Search, Survey and Seizure, IFRS, LLP, Labour Laws, Real estate, ERM, Inbound and Outbound Investments, Green Audit etc.*
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