

Review Article

Stress Management and Its Prevention

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Stress can be defined in different ways over the years. Actually, it is perceived as pressure from the environment, afterwards as strain within the person. Widely accepted definition is that stress is the interaction between the situation and the individual. It's the psychological and physical state which results when the resources of the individual person are not sufficient enough to cope up with the demands and pressure of the circumstances. Thus, it is mostly situation-specific and person-specific. Stress is the demonstrative and cathartic caused by our response to pressure from the outside world. Stress can hinder the achievement of goals, both for individuals and for the organizations. The mental symptoms of stress include anxiety, irritability, and lack of concentration, feeling excessively tired, and having induced sleeping. Stress-related physical symptoms include dry mouth, changing heart function, difficulty breathing, Gastro Intestinal disturbance, frequent urination, sweating palms, and tense muscles that may cause pain and trembling. Troubled Asset Relief Program (TARP) is one of the stress management method which involves noticing early signs of stress, figuring out the causes, dealing with the effects on the body, and developing good stress-reduction techniques. Learning how to handle stress can help you stay healthy, and prevent stress related illness.

Keywords Stress, cathartic, TARP.

Introduction

Stress is a state of mental or emotional treasure or tension resulting from adverse or demanding situations. Situations are likely to results stress that are unpredictable or uncontrollable, uncertain, ambiguous or unfamiliar, or involving disagreement, defeat or expectations.



Stress may be caused by shorted events, such as the pressures of examinations or employment, or by lasting situations, such as family origins, job dissatisfaction, or long commuting journeys. Resources that assist to meet the pressures and demands trace at work include a person's coping skills (for example, problem solving, assertiveness, and time management) and the work discipline such as a good working condition and social support. These personnel can be increased by placement in working area, training, well management and employment craft, and the way that work is organised.

Traditionally, the point of response from employers to stress at work has been to blame the victim of stress, rather than its origin. It's being increasingly recognised that employers have a responsibility, in many cases in law also, to ensure that employees do not become ill.

There have a great duration economic interests to prevent stress, as stress more likely trends to high staff movement, an increase in sickness abscond and early retirement, increased stress in those staff at present work, reduced work performance and increased rate of harms, and reduced client fulfilment. Competent employment practice includes assessing the risk of stress amongst employees. This includes: looking for stress at work which could results in high and long lasting levels of stress, deciding whether you are doing enough to prevent that harm and who might be harmed by these.

Stress

Stress is the demonstrative and cathartic strain caused by person's response to pressure from the outside world.

Stages of Stress**Stage 1: Recognition of environmental demand**

Every remittance in the environment, from the weather to the ringing telephone, has some sort of astroblema on us. Some of these events are

predictable. For instance, on the first of the month the payment of rent will be due. If you go for a party, you're expected to make small talk. Some events are entirely unpredictable. It is difficult to know when the baby will quickly wake up sick and can't go to daytime supervision, when another driver will self harm in traffic, or when you will spill coffee on your new pants. Whether or not we can predict an event, the moment we become aware of occurrence of that event, we recognize a demand.

Stage 2: Appraisal of the demand

Recognizing that a demand has not occurred in automatic manner, cause us to feel stressed. In over 30 years of research, psychologists Richard Lazarus and Susan Folkman found that it is our lightning fast, and largely unconscious and automatic appraisal or judgment of our ability to meet the demand that determines our level of stress that we experience. The appraisal process tentatively explains why a discrete event may be negatively stressful to one person but not to another.

We need to consider a demand by asking ourselves two questions: 1) Does this occurrence present a threat to me? and 2) Do I have the resources to cope with this event? If we believe that the event is a threat to our well-being, or we lack the means to effectively respond to the event, then we will frequently feel stressed. We will return to a more definite discussion of the appraisal stage in a later on.

Stage 3: Mobilization of the nervous system

To understand what happens at this stage, we need to have some idea about how the human nervous system functions. The autonomic nervous system, or ANS, controls all of the automatic functions in our body. For example, the heart rate, body posture, respiratory rate, indigestion, all are regulated by the ANS.

If we assess an event as threatening, one branch of the ANS called the sympathetic nervous system (SyNS) automatically signals our brain to prepare our body for action. During this mobilization phase, the SyNS prepares us for fleeing or fighting by triggering or activating the hypothalamic-pituitary-adrenal axis, or HPA axis. Fleeing and fighting are actually the two primary biologically driven and useful means of reacting to a physical threat). The HPA axis involves a complex set of interactions between the adrenal glands, the pituitary gland, and the hypothalamus including other multiple parts of the brain and nervous system. The Autonomous nervous system controls the reactions of the body during stress, and also cares a few other important functions like controlling digestion, the immune system, mood, sexual behaviour, and the body's overall energy usage.

The hypothalamus is centrally located in that part of the brain which sits above the brain stem, but below the cortex. In response to a stressor, it releases corticotrophin-releasing hormone (CRH). The CRH in turn, acts on the pituitary gland, triggering the release of another hormone called adrenocorticotrophic (ACTH) into the bloodstream. Afterwards, ACTH triggers the adrenal glands (which are situated above the kidneys), to release the hormones cortisone and cortisol as well as epinephrine (otherwise known as adrenaline) and norepinephrine (otherwise known as noradrenaline). Both epinephrine and norepinephrine are neurotransmitters or chemical messengers and serve the brain and nervous system. Hormones (the chemical messengers), work primarily within the blood stream, rather than inside the brain.

The hormone cortisol can immediately increase the amount of available energy within the body by raising glucose levels in the bloodstream. Glucose is the body's primary fuel. Cortisol also increases levels of glucose within the brain, helps in sharpening our attention as well as quickening our thinking process. Simultaneously cortisol also functions to shut down body systems which are not immediately important for handling a physical threat, such as digestion, reproduction, and growth. Effect of these changes is usually temporary in nature. This is because in addition to everything else it does, cortisol tells the hypothalamus to gradually slow down production of CRH.

Similar to cortisol, higher levels of epinephrine and norepinephrine increase the heart rate, elevate the blood pressure, speed up one's reaction time, and boost one's energy level. Under the synergic effects of cortisol, epinephrine, and nor-epinephrine, the body diverts blood away from digestion and towards the muscles and the brain to enhance physical functioning; increases the rate of perspiration to help cool us down; increases oxygen levels in the blood for an energy boost; releases blood clotting chemicals into the blood stream in case of injury; and dilates the pupils to help us see better in the dark. At a time that epinephrine and cortisol exert their effects, both the pituitary gland (see below) and the brain are also busy releasing chemicals called endorphins and enkephalin which uses to relieve pain and enhance a sense of well-being.

Stage 4: Response to the threat

Once your body demand by the differs hormones and neurotransmitters described in Stage 3 (above), you are ready to respond to the stressor by taking physical action. Physician said what happens next the "fight-or-flight" response to highlight the two most common

forms that this physical response tends to take. When the person fights, we try to influence or neutralize the source of stress by striking out at it. Alternatively, we can flee and reduce our stress by escaping from the place where the stress is occurring, leaving the fighting for another day. Psychologists whose selected research on stress often add a third response possibility to the classic fight and flight options. Sometimes, rather than fighting, we simply solve instead. In many sports, this response is called "choking."

The fight-or-flight response is automatic and fast, thus helped our ancestors because it provided them with automatic responses to threats when they didn't have time to think logically about how best to handle a situation. Remember that herd of charging buffalo? Spending prolongs time demanding the dangers of and potential responses to such a situation would probably be fatal. When deals with such an intensely physical threat, either fighting or acts as quickly as possible, made the most sense in terms of survival.

The fight or flight response is cut short for responding to physical threats. In today's world with the sort of intangible threats that are most common, it isn't very useful. For instance, it is never suitable to impact your boss in the face no matter how many times he piles work on you, or passes you over for a raise. Reacting at your workplace won't necessarily help you either, as you still need to receive a pay check.

Stage 5: Return to baseline

If a stressor has been avoided, the parasympathetic nervous system (PaNS; the other branch of the ANS besides the Syncs), starts to reverse the stress response by sending a new stimulus telling body to act slow. The PaNS subside your heartbeat and breathing causes your muscles to relax, and get your digestive juices flowing again. The PaNS system is designed to raise growth, energy storage and other processes important for long-term survival.

Effect of Stress on our Health

Stress affects your immune system, your nervous system, and, eventually, your health in general. It is impossible to deal with prolonged or chronic stress and not have some health consequences.

In fact, there are a number of stress related illnesses that could affect you. If you don't control stress in your life, you could end up with heart disease, high blood pressure, ulcers, headaches, stress hives--even cancer or an auto-immune disease!

Learning how to handle stress can help you stay healthy, and prevent stress related illness, in addition to helping you feel happy!

There are many ways of coping with stress that take little or no time at all.

You can learn how to deal with stress positively and doing so can give you a new lease on life.

We all have stressors in our lives. Knowing the signs of stress can help you recognize when you need a break.

Stress management strategies

- **Ask for help:** Ask others to help you with your work load. Often family and friends will lend a hand, at work or at home.

- **Talk to someone:** Sometimes just telling someone how you feel can help to relieve some of the pressure. Friends can lend support, and a counsellor may help you gain insight.

- **Know your limits:** Know what you can handle--and learn to say "no" when that is appropriate. A common cause of stress is taking on more than you can handle. Don't expect too much of yourself!

- **Control your thoughts:** Stop negative thoughts. Don't let your thoughts take you downward. Negative thinking just makes things worse. Keep a positive mind-set.

- **Communicate:** If you need more time to complete a project at work, tell your boss. Don't let worry and anxiety interfere with your ability to perform well at work!

- **Take a break:** Take a time out and go for a walk. Take 10 minutes to meditate in a comfortable chair.

- **Aromatherapy:** Burn some essential oils while you work at your desk for natural stress relief. Or burn an aromatic candle while you soak in the tub, after work.

- **Do some gentle stretching or yoga:** For many, this is a relaxing way to end the day.

- **Get some play time:** Spend time on your favourite relaxing hobby.



Conclusion

Stress has been linked to serious diseases such as heart dysfunction and acute cancer, and to a variety of other physical and emotional disorders. Other methods of managing stress include humour, meditation, hobbies, biofeedback, and massage therapy. Medication can be useful for dealing with short periods of acute stress, but it does not address the underlying problem. Professional who helps individuals cope with stress includes psychologists, psychotherapists, nurses, physicians, exercise instructors, and dieticians.

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