

Lifestyle Interventions in Stress Management

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Understanding and Managing Stress

STRESS

“The nonspecific **response** of the body to any **demand.**”

Hans Selye

**Stress is the threat to
adequacy: Physical,
Psychological, Social or
spiritual**

Sources of Stress

- Daily Hassles
- Prolonged continuous Stress
- Calamities: Family, Job and Environment

Common Responses to Stress

- Somatic Responses: Loss in weight, Weight gain, Disturbance in sleep, Easy fatigability, aches and pains, sweaty palms, Restlessness etc.
- Behavioural Symptoms: Reduced performance, Impaired motivation, Absenteeism, Workaholism, Increased use of alcohol, caffeine etc. Nail biting, Reckless driving etc.

Common responses to stress

- Cognitive Responses: Difficulty in concentration, Indecisiveness, Low productivity, Forgetfulness etc.
- Emotional Responses: Anger, Sadness, Fear of criticism, Suspiciousness, Insecurity, Apprehension etc.

Long Term Effects of Stress

- Heart Attacks
- High blood pressure
- Depression
- Tension Headache
- Migraine
- Peptic Ulcer....

Stress and Health

- Cardiac Disorders, Chest problems, Intestinal problems, Psychological problems, Social Disputes, Social Isolation, Economic distress, Interpersonal difficulties etc.

You have everything then
why are you stressed?

A good job, a good company, etc.

Yeh dil mange more

But Kya

Managing Stress At Different Levels

Body Level:Balanced Diet,Physical Exercise	Emotional Level:Yoga,Relaxation and meditation
Cognitive Level:Cognitive Appraisal, RET	Behavioural Level:Behaviour Modification

TIPS FOR WORK IN DAILY LIFE

- Must spend the last ten minutes in the office to write:
- Appraisal of the day: With Pride and Shame
- Work output:
- Emotion management
- Thought Management
- Interpersonal Relationships

Daily, Fun Is Important



If Stress continues....your
psychologist is always there!