

Stress: Such environmental events or conditions that have the potential to induce stress are known as “Stressors.”

Distress: The stress created by undesirable outcomes is known as “distress.”

Eustress: The stress created by desirable and successful effects is called “eustress.”.

Stress:

Pressure or tension exerted on an object

Stressful :

Mentally tiring

Stress decrease :

Resulting from continuous mental stress

Distress :

Severe pain, sorrow, anguish

Distress signal:

A signal from a ship in danger

Distress – warrant

Warrant authorising distraint

Distressed area :

A region of high unemployment and poverty

Eustress :

Eustress means beneficial stress—either psychological, physical (e.g. exercise), or biochemical/radiological (hormesis). The term was coined by endocrinologist Hans Selye, consisting of the Greek prefix **eu-meaning** "good", and stress, literally **meaning** "good stress".

Previous ones were negative stresses

Sympathy

Apathy

Empathy

Stress in the workplace is commonality throughout the world in every business. Managing that stress becomes vital in order to keep up performance as well as relationship with colleagues and employers. For some workers, changing the work environment relieves work stress. Making the environment less competitive between employees decreases some amounts of stress. However, each person is different and some people like the pressure to perform better.

Example : Units (quota)

What happens when you are stressed?

Stress is what you feel when you have to handle more than you are used to. When you are stressed, your body responds as though you are in danger. It makes hormones that speed up your heart, make you breathe faster, and give you a burst of energy. This is called the **fight-or-flight stress response**. Some stress is normal and even useful. Stress can help if you need to work hard or react quickly. For example, it can help you win a race or finish an important job on time. But if stress happens too often or lasts too long, it can have bad effects. It can be linked to headaches, an upset stomach, back pain, and trouble sleeping.

Insomnia

Irritability

Dissatisfaction

Guilt

Loss of libido

**Human body is
the best
illustration of
engineering**

Like everything else, **happiness is relative**, as suggested by the story of the hapless office employee who was daily subjected to wrathful invective by the boss. One day, his colleagues were surprised to see him smiling cheerfully. Asked how come, he replied he'd just received a promotion: "I've been promoted from an animal to a human – yesterday the boss called me a **gadha (donkey)** and today he called me a **bewakoof (Idiot)**."

Happiness can be funny business, in more ways than one.

What can you do about stress?

The good news is that you can learn ways to manage stress. To get stress under control: Find out **what is causing stress in your life**. Look for ways to reduce the amount of stress in your life.

Learn healthy ways to relieve stress and reduce its harmful effects.

How can you avoid stress?

Stress is a fact of life for most people. You may not be able to get rid of stress, but you can look for ways to lower it. You might try some of these ideas:

- Learn better ways to manage your time.
- Think about things that might work better.
- Take good care of yourself.
- When you find yourself starting to worry, try to stop the thoughts.
- Learn to say “no.”
- Assertive communication can help you express how you feel in a thoughtful, tactful way.
- People who have a strong network of family and friends manage stress better.
- Sometimes stress is just too much to handle alone.

How can you relieve stress?

Regular exercise is one of the best ways to manage stress.

Walking is a great way to get started.

It can help to **write** about the things that are bothering you

Let your feelings out. Talk, laugh, cry, and express anger when you need to with someone you trust.

Do something you **enjoy**. A **hobby** can help you relax.

Volunteer work or **work that helps others** can be a great stress reliever.

Learn ways to **relax** your body. This can include breathing exercises, muscle relaxation exercises, massage, aromatherapy, yoga or relaxing exercises.

Focus on the present. Try meditation, imagery exercises, or self-hypnosis. Listen to relaxing music. Try to look for the humor in life. **Laughter** really can be the best medicine.

Tip1: Identify the sources of stress in your life

Start a stress journal

Tip 2: Replace unhealthy coping strategies with healthy ones

Tip 3: Practice 4 A's

Avoid, Alter, Adapt & Accept

Avoid people who stress you out

If you can't avoid a stressful situation, try to alter it.

Be willing to compromise

Create a balanced schedule

If you can't change the stressor, change yourself. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude.

Reframe problems
Look at the big picture
Adjust your standards
Practice gratitude
Don't try to control the uncontrollable
Look for the upside
Learn to forgive
Share your feelings.

Here are some easy ways to incorporate exercise into your daily schedule:

Put on some **music** and **dance** around

Take your dog for a **walk**

Walk or **cycle** to the grocery store

Use the **stairs** at home or work rather than an elevator

Park your **car in the farthest spot** in the lot and walk the rest of the way

Pair up with an **exercise partner** and encourage each other as you work out

Play **pin-pong** or an activity-based video game with your kids

Connect to others

Tips for building relationships

Reach out to a colleague at work

Help someone else by volunteering

Have lunch or coffee with a friend

Ask a loved one to check in with you regularly

Accompany someone to the movies or a concert

Call or email an old friend

Go for a walk with a workout buddy

Schedule a weekly dinner date

Meet new people by taking a class or joining a club

Confide in a clergy member, teacher, or sport coach

Make time for fun and relaxation

Go for a walk

Spend time in nature

Call a good friend

Sweat out tension with a workout

Write in your journal

Take a long bath

Light scented candles

Savour a warm cup of coffee or tea

Play with a pet

Work in your garden

Get a massage

Curl up with good book

Listen to music

Watch a comedy

Manage your time better

Break projects into small steps

Delegate responsibility

Maintain balance with a healthy lifestyle

Eat a healthy diet

Reduce caffeine and sugar

Avoid alcohol, cigarettes, and drugs.

Get enough sleep

A simple rule in **effective communication** is: it is the responsibility of the communicator to ensure that the content of the communication is understood; it is not the responsibility of the person receiving the communication.

Read this carefully:

LIFE IS NOWHERE

LIFE IS NOWHERE

LIFE IS NOW HERE

Life depends on what and how you look at!

Life exists between a small temperature band. A few degree higher temperature resulting from changes in solar radiation or any other reason will burn up life and few degrees lower will freeze all life to death. A few degrees rise in maximum temperature terrestrial life forms. Any minor change in the composition of atmosphere—because of cosmic developments – crashing of a space object on the earth or resulting from human civilization, burning of hydrocarbons – resulting in green house effects on human life, appearance of diseases as deadly or deadlier than AIDS, cancer, etc. can extinguish human life.

*Sarve bhawantu sukhinsha sarve santu niramaya
sarve bhadrani pashyanttu ma kashchit dukh bhagbhawet*

(Vedic Benediction)

May all Humanity be Happy

May all be without disease

May all witness auspicious sights

May none have to undergo suffering

**Stress Management is
not one-size-fits-all**

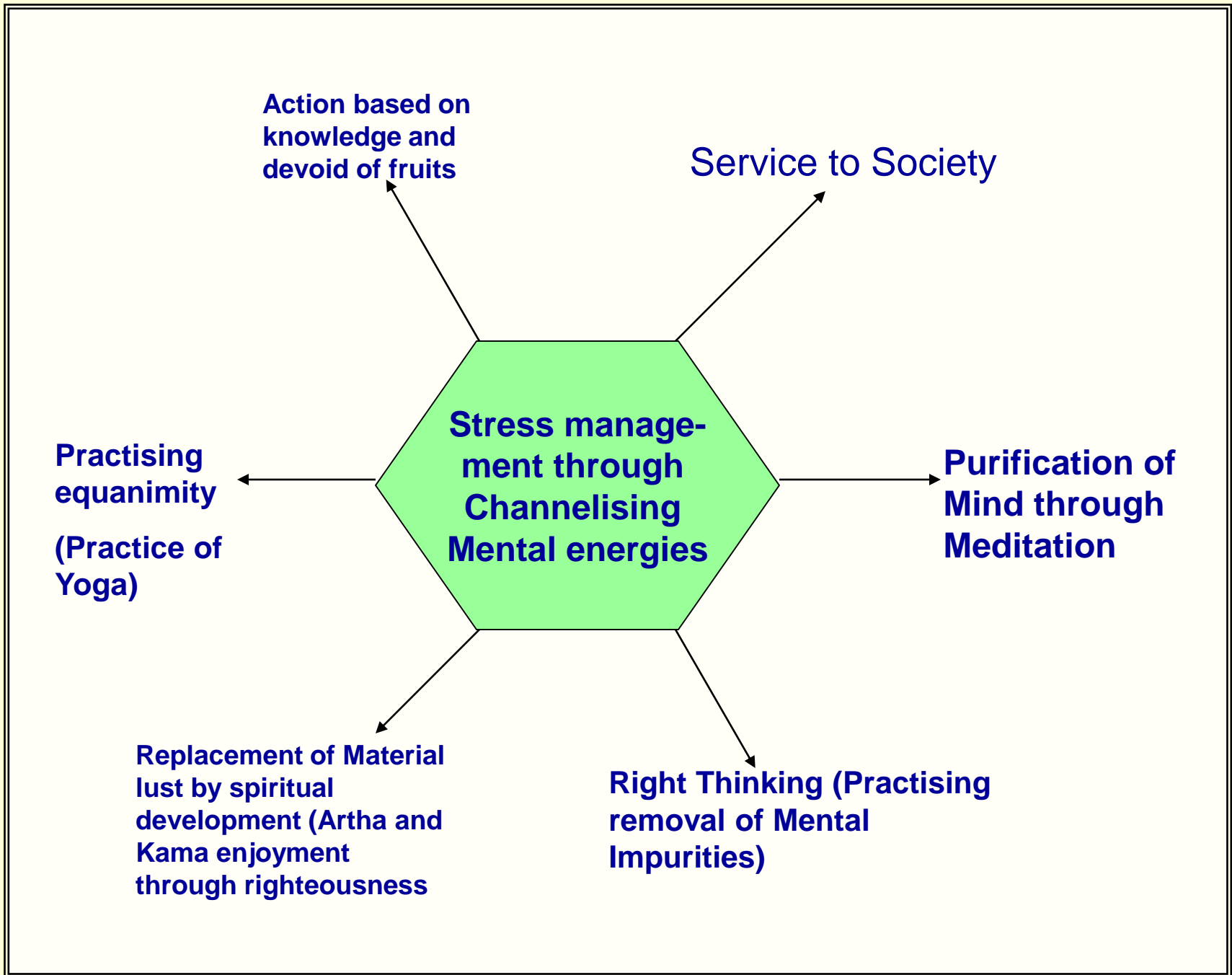


Lack of capacity
of mind to avoid
these influences

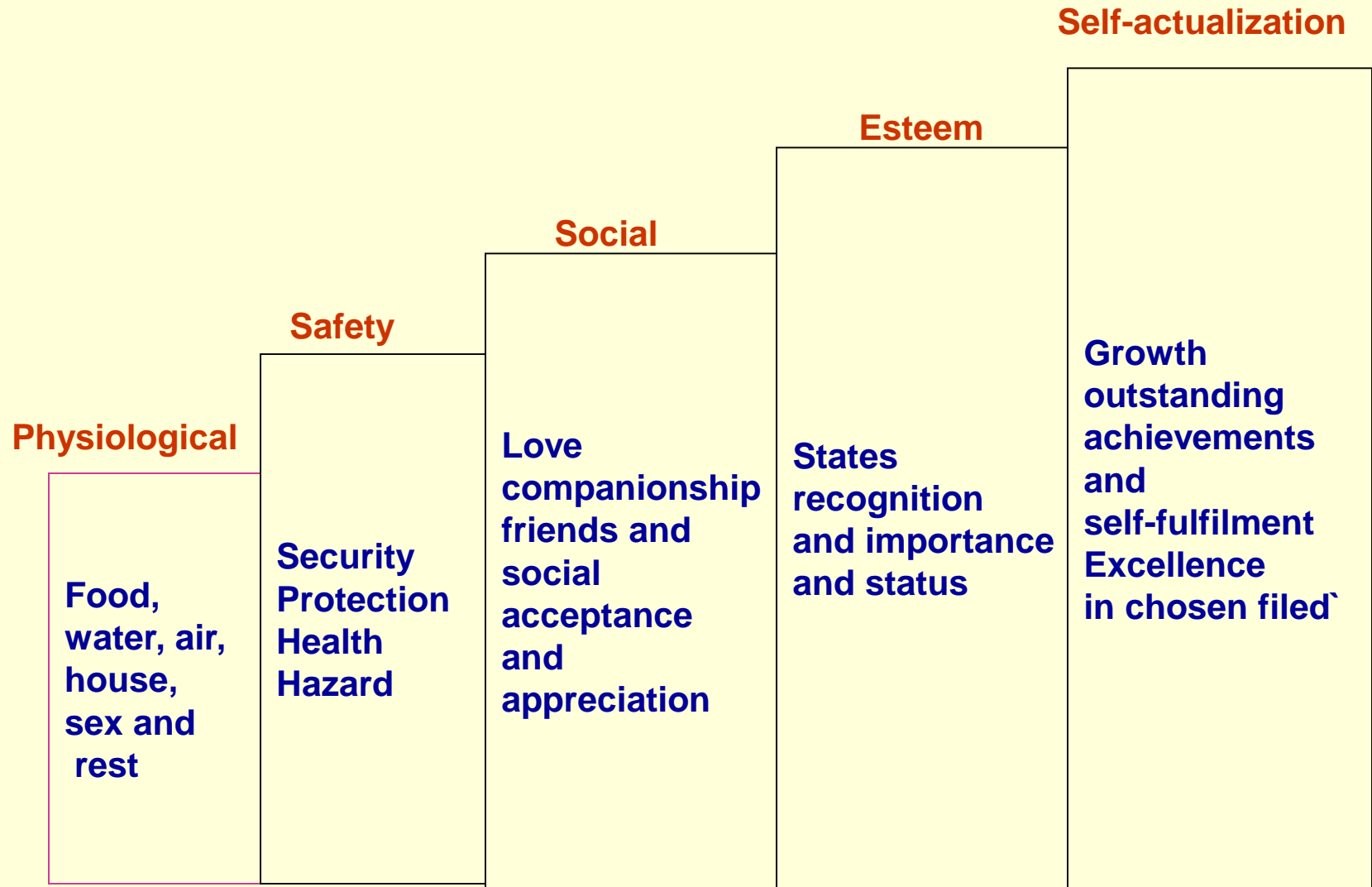
↓
Strains

↓
Stresses

↓
Causing Physical & mental unbalance & leading to lackluster in life



Hierarchy of Needs Theory of Maslow



- | | |
|-----------------------|--------------------------|
| 1. Be calm | Beat anger |
| 2. Be gentle | Beat stress |
| 3. Be peaceful | Beat tension |
| 4. Be patience | Beat impatience |
| 5. Be poised | Beat imbalance |
| 6. Be tactful | Beat tactlessness |
| 7. Be cheerful | Beat depression |

How do you measure your stress level?

Sometimes it is clear where stress is coming from. You can count on stress during a major life change such as the death of a loved one, getting married, or having a baby. But other times it may not be so clear why you feel stressed. It's important to figure out what causes stress for you. **Everyone feels and responds to stress differently.** Tracking your stress may help. Get a notebook, and write down when something makes you feel stressed. Then write how you reacted and what you did to deal with the stress. Tracking your stress can help you find out what is causing your stress and how much stress you feel. Then you can take steps to reduce the stress or handle it better.

Biological tissues involved

Autogenic training

Social activity

Cognitive therapy

Conflict resolution

Cranial release technique

Getting a hobby

Meditation

Mindfulness

Music as a coping strategy

Deep breathing

Yoga Nidra

Nootropics

Reading novels

Prayer

Relaxation techniques

Artistic expression

Fraction relaxation

Humour

Physical exercise

Progressive relaxation

Spas

Somatics training

Spending time in nature

Stress balls

Natural medicine

Clinically validated alternative treatments

Time management

Planning and decision making

Listening to certain types of relaxing music

Spending quality time with pets

Measuring stress:

Levels of stress can be measured. One way is through the use of psychological testing: *The Holmes and Rahe Stress Scale* is used to rate stressful life events, while the DASS contains a scale for stress based on self-report items. Changes in blood pressure and galvanic skin response can also be measured to test stress levels, and changes in stress levels. A digital thermometer can be used to evaluate changes in skin temperature, which can indicate activation of the fight-or-flight response drawing blood away from the extremities. Cortisol is the main hormone released during a stress response and measuring cortisol from hair will give a 60- to 90-day baseline stress level of an individual. This method of measuring stress is currently the most popular method in the clinic.

Non-drug interventions:

Treatment of anger or hostility,

Autogenic training

Talking therapy (around relationship or existential issues)

Biofeedback

Cognitive therapy for anxiety or clinical depression

Medical environment

An eye opening statistic showed that nearly 54% of workers suffered from anxiety while being in the hospital.

Stress management programs

Another way of reducing stress at work is by simply changing the workload for an employee. Some may be too overwhelmed that they have so much work to get done, or some also may have such little work that they are not sure what to do with themselves at work.

Intervention is broken down into three steps :

Primary deals with eliminating the stressors altogether. **Secondary** deals with detecting stress and figuring out ways to cope with it and improving stress management skills. Finally, **tertiary** deals with recovery and rehabbing the stress altogether. These three steps are usually the most effective way to deal with stress not just in the workplace, but overall.

No matter how stressful your life seems, there are steps you can take to relieve the pressure and regain control.

In stress: What you can do?

Move your body frequently – don't sit for more than an hour

Make positive face-to-face connection with other people a priority

When you can't change the stressor, learn to avoid, alter, adapt, or accept

Reduce your intake of alcohol, nicotine, and caffeine

Do something you enjoy every day

Get all the restful sleep that you need to feel your best

Learn more by reading the related articles

Smoking

Using pills or drugs to relax

Drinking too much

Withdrawing from friends, family, and activities

Binging on junk or comfort food

Procrastinating

Zoning out for hours looking at your phone

Filling up every minute of the day to avoid facing problems

Sleeping too much

Taking out your stress on others

Psychosomatic symptoms

Psyche means mind and soma means body

“Selye” postulated a ‘general adaptation syndrome’ of somatic systems caused by ‘non-specific stress’. It involved three stages:

- (a) Alarm reaction – When an initial shock phase of lowered resistance is followed by counter-shock during which an individuals’ defence mechanisms are activated.
- (b) Resistance – It is a stage of maximum adaptation when the individual restores the equilibrium.
- (c) Exhaustion – If the stress continues or the defence mechanism falters, the individuals moves to this stage.

Human being is the best creation of God and is endowed with logic, perception and capacity to verbalize his experiences. He can make his life pleasurable depending upon how he uses his own resources and experiences.

Harmony should be maintained in all spheres of life, and these are:

Between body and life;

Between wisdom and habits;

Between self and society;

Between the purpose of life and the method of living;

Between will and nature

Causes:

There are many causes responsible for stress:

- (1) Wrong use of mind for greed, lust, manipulation causes turbulence in mind and disturbs the mental equanimity.
- (2) Filling the mind with impurities like hatred, lack of service to humanity, self-centredness.
- (3) Always planning to harassing other people and disturb the peace and tranquillity of their mind.
- (4) Lack of right thinking causing destruction and mental turbulations.
- (5) Lack of practices leading to mental purity like yoga, meditation, etc.

Effect of stress:

1. Poor health leading to many health problems, e.g. depression.
2. Low productivity/efficiency at work
3. Lack of interest in life and work.
4. Absence of harmony in social life
5. Absence of right thinking.
6. Degenerated mental environment

Thank you

CALIBRATE :

It is natural to feel angry sometimes. If we don't express our feelings, we will suffer "emotional constipation"! We are human beings with feelings and emotions and it is okay to experience the same. But the most important question is : how *frequently we feel so*? It is like having fever or headache. If we have fever very frequently, our system will break down. Similarly, if we feel angry very often, we will end up with emotional breakdown. Feeling happy and excited all day long will not affect our mental health. But negative feelings will alter our mindset and attitude.

We have to calibrate the frequency and intensity of our anger by an exercise for a week. Have some beads or coins handy. Whenever you feel angry, transfer a bead from one pocket to another. Or you can put a tally on a paper, whenever you feel angry. At the end of the day, calculate the number of times you felt angry. This is an index of your negative mental health.

Sometimes we have to give our feedback and criticism to others. It may be for their good or for our good. But the most important thing to remember is how to give the feedback, especially negative feedbacks and criticisms. The purpose of a negative feedback or criticism should be to help the other person and not to punish or insult.

We all have some hidden talent waiting to be tapped. But we should know where and how to use the talent. Knowing how well to use the talent that we already have is called “tact”. The dictionary meaning of the word “tact” is “*sensitivity and skill in dealing with other people*”. But, what if we don’t know how to use the talent when dealing with other people?

In management science there is a powerful tool called “5W 1H”, which represents the first letter of the words Where, When, Why, What, Who and How. We should use this tool to tap into our hidden talent also.

The Management of Crisis

“The miseries of the world cannot be cured by physical help only. Until man’s nature changes, these physical needs will always arise and miseries will always be felt, and no amount of physical help will cure them completely. Ignorance is the mother of the evil and of the misery we see. Let man have light, let them be pure and spiritually strong and educated; then alone will misery cease in the world.”

In this age of technology, industrialization and over-urbanisation, we are constantly subjected to tremendous stresses and tensions. These, in turn, produce psychosomatic diseases like hypertension, insomnia and various types of heart diseaes. In desperation, people take to either drinking or dangerous drugs, which may give temporary relief, but, in the long-run, create more serious problems. *The remedy does not lie in drugs or fantasy, but in the process of catharsis and development of the inherent powers.*

- (a) Lack of interest in studies,
- (b) Lack of vitality, enthusiasm and eagerness,
- (c) Enamoured by affluent environment leading to alcoholism, smoking, gambling, etc.,
- (d) Irregular food habits,
- (e) Disinterest in exercises and games,
- (f) Drudgery in life,
- (g) Aimlessness,
- (h) Lack of reading habits,
- (i) Irregular course of life,
- (j) Full of tensions, worries and agitations,
- (k) Lack of peace-restlessness,
- (l) Lack of concentration
- (m) Problematic, both at home and in the college, and
- (n) Bad company

LIMITATION

The lifestyle of modern man has become so complicated that he finds no time to think of his own welfare. He is running in life without any goal resulting into disruption in life which makes his life miserable and useless. His birth becomes a burden on him as well as on the society. At this moment of life, he starts finding solutions to life without changing his mind and intellect. The result is more problems. *Meditation can help only those who leave aside their mental impurities and become persons dedicated to God and society.*

Pranic healing is an ancient science and art of healing which utilizes prana or ki or vital energy to heal the whole physical body. It also involves the manipulation of ki and bioplasmic matter of the patient's body. It has also been invariably called medical qigong (ki kung or ki healing), psychic healing, vitalic healing, therapeutic touch, laying of the hand, magnetic healing, faith healing, and charismatic healing.

Uncontrolled and suppressed emotions and feelings such as anger, worry, prolonged irritation and frustrations have undesirable potent effect on the bioplasmic body.

HRD Approach

Human excellence can do wonders. Excellence is a state of mind which prepares the people to perform duties and dedication. It also creates self-reliance and helps him/her to have a vision and an urge to do better and better. There are several features of human excellence which have been discussed above.

HRD approach focuses on the optimum utilization of valuable human resources by tapping their potential energy to vitalize, activate and renew an organization to generate dynamism and development. The final, ultimate, complete and eternal methodology of rising to the challenges of the future is to take on the form of 'divine trinity' for effective HRD.

Preserve the relevant

Destroy the irrelevant

Create what is needed

“Jnana and Ajnana, wisdom and ignorance are opposed as light and darkness. When wisdom dawns, ignorance dies and the evil is cutoff at the root. The liberated soul overcomes the world. There is nothing to conquer or create. Action no more binds. When we grow into this wisdom, we live in the Supreme. This consciousness is not an abstract one. It is that by which thou shall see all existences without exception in the self, then in me.