


ARBITRATION AND STRESS MANAGEMENT

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JUDICIAL STRESS & WELLNESS: MAINTAINING THE BALANCE

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- ❑ When there is a threat to one's adequacy there is stress
- ❑ Physical, Psychological. Social, cultural, Economic & Natural Calamities

WHAT IS STRESS

- ▶ **Stress:** Psychological and physical strain or tension generated by physical, emotional, social, economic, or occupational circumstances, events, or experiences that are difficult to manage or endure.
- ▶ A non-specific response by an organism to demands made on it.
- ▶ **Eustress:** Any form of stress that is beneficial, usually associated with a feeling of fulfilment and achievement rather than anxiety.
- ▶ **Strain:** To make great or excessive demands on the system, a force tending to strain something to an extreme degree, a severe demand on resources.
- ▶ **Burnout:** An acute stress disorder or reaction characterized by exhaustion resulting from overwork, with anxiety, fatigue, insomnia, depression, and impairment in work performance.

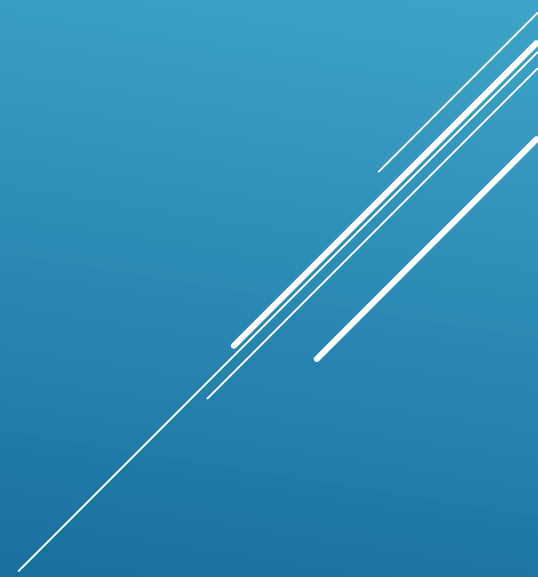
DEFINING STRESS & EUSTRESS:

- ❑ What happens in Stress?
- ❑ Increased heart rate and increase in other physical and physiological processes
- ❑ Interference in Rational functioning:
- ❑ E.g. Cognitive processes and decision making
- ❑ Emotional Involvement
- ❑ Gender biases
- ❑ Cultural biases: e.g. Bihari, Punjabi, etc

SELF IN STRESS



REACTIONS TO STRESS

- ▶ Family
 - ▶ Place of work
 - ▶ Economic pressures
 - ▶ Environmental pressures
 - ▶ Eg. Water crises, traffic Jams. Rallies, etc.
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- Flight or fright
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- ❑ Mental Health of the Judges
- ❑ Personality Of a Judge
- ❑ Anger Outbursts; Patience; Restlessness; Influenced easily
- ❑ Decision Making
- ❑ Conflict Management
- ❑ Coping with Work Load : Also Family Health and Financial Stress

JUDICIAL STRESS AND WELLNESS: MAINTAINING THE BALANCE



IMPACT ON PERSONAL AND PROFESSIONAL SPHERES

- ▶ Need for Approval
 - ▶ Inferiority Complex/Grandiosity/Obsessive thoughts
 - ▶ Physical Health Issues:
 - ▶ Headaches
 - ▶ Anxiety
 - ▶ Depression
 - ▶ Anger Outbursts
 - ▶ Sleep Disturbances
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- ▶ Sleep time
- ▶ Wake up time
- ▶ Food Habits
- ▶ Maintaining body energies

e.g Walk, Pranayam, exercises, moving up and down during the day

Time management

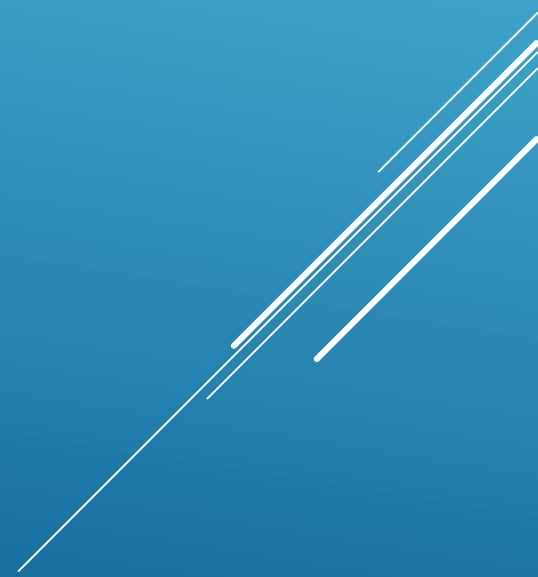
LIFE STYLE INTERVENTIONS



Walk / Endorphins i.e. Happy Hormones

- ▶ Diet
- ▶ Yog Abhyaas: Pranayaam; Shav Asna
- ▶ Relaxation Techniques
- ▶ Reading Habits
- ▶ Sports
- ▶ Social Interactions
- ▶ Drinking Alcohol/Substance Abuse/Overeating

LIFE STYLE INTERVENTIONS



- ▶ Procrastination/Postponement
- ▶ Poor control over the maintenance of Confidentiality wherever necessary
- ▶ Boisterous and loud talking and laughing due to Grandiosity/Anxiety /OCPD also leading to delays in work

TIME MANAGEMENT

