

# Stress

## MANAGEMENT GUIDE

stress



TIPS &  
TECHNIQUES

# **STRESS**

## **Management Guide**

## TABLE OF CONTENTS

1. Introduction: Effective Stress Management
2. Scientific & Conservative Definitions of Stress
3. Measuring the Intensity of Stress
4. Psychophysiology of Stress
5. Uncertainty Can Lead to Stress
6. Stress as an Illness or Disease
7. Stress and Intervention
8. Intrapersonal Life Situation Interventions
9. Interpersonal Life Situation Interventions
10. Perception & Intervention
11. Understanding Stress Responsivity
12. Differentiating Between Stress & Anxiety
13. Models for Understanding Stress
14. Elements of the Stress Process
15. Stress is Self Imposed
16. Fight or Flight: Natural Response to Stress
17. Are You Stressed?
18. Stress Triggers & Pressure Units
19. Individual Effects of Stress
20. Stress At Childhood
21. Stress At Teenage
22. Stress At Adulthood
23. Stress At Pregnancy
24. Stress At Late Adulthood
25. Stress At Home
26. Stress At Work
27. Stress Due to Substance Abuse
28. Stress During Holidays!
29. Stress & Diversity
30. Rationales & Outcomes of Stress
31. Social Impact of Stress
32. Long Term & Short Term Effects of Stress
33. Stress Management Implications
34. Significance of Effective Stress Management
35. Healthy & Unhealthy Strategies of Dealing with Stress
36. Cognitions & Behaviors: Stress Coping Skills
37. Understand Coping Efficacy
38. Effective Stress Management: At Home & Work Place
39. Why Managing Stress is So Difficult?
40. Mind Control for Stress Management
41. Proven & Effective Stress Busters
42. Stress Relief: What do You Want to Achieve?
43. Developing Realistic Goals for Effective Stress Management
44. Beat Stress by Effectual Time Management
45. Visualization & Relaxation for Beating Stress
46. Stress Management Through Self Motivation
47. Managing Your Emotions

- 48. Learn How To Meditate
- 49. Using Progressive Muscle Relaxation for Stress Management
- 50. Learning Effective Problem Solving Techniques for Dealing With Stress
- 51. The Power of Positive Thinking
- 52. Using Yoga and Tai Chi for Stress Prevention and Relief
- 53. Avoid Stress: Prevention is Always Better Than Cure
- 54. Eating Healthy to Prevent Stress
- 55. Hypnosis For Stress Management
- 56. Assertive Therapy: Practical Tools & Techniques for Dealing With Stress
- 57. Laughter Therapy For Stress
- 58. Empowering Relationships for Stress Management
- 59. Forgiveness Therapy For Stress Management

## INTRODUCTION: EFFECTIVE STRESS MANAGEMENT

Effective stress management skills are ideal techniques and methods that allow a person to cope up with the demands of his or her environment, external or internal. Stress is a product of the interaction between one's coping ability and the demands that require testing of such abilities.

Though stress is known to be positive, it is also associated with a lot of negative symptoms that affect a person on the physical, psychological and emotional level. These skills invoke the fight or flight response in a person thus making it possible to cope with or alter stressful situations. In fact, effective stress management can be thought of in the terms of the following models.

### Transactional Model

Richard Lazarus and Susan Folkman put forth the suggestion that stress results from an imbalance between demands and the resources possessed by a person. Stress could be thought of as a reaction when pressure far exceeds one's expected ability to cope with demanding situations.

Stress management was thus developed on the lines that stress is not a direct reaction to the actions of any stressor, but rather a phenomenon that creates or manifests itself as a result of severe shortcomings in one's resources and ability to cope.

Thus, an effective stress management program would include identifying the factors typical to a person and controlling his/her stress features. And then to identify the methods that could serve to be effective ' solutions' to these factors comes next.

Lazarus and Folkman devised a model of stress based on the interactions of people with the external environment and thus the stress management techniques would focus on factors related to these. This model breaks the traditional approach towards stress by challenging the idea that a stressor and a stress are directly proportional to one another.

Effective management techniques under this model suggest that if a person were confident of his ability to handle pressure situations, he would not feel under stress. However, the pressure itself would be a potential stressor.

## 1. Health Realization Model

The health realization model, also referred to as an innate health model, was founded on the basic idea that stress may not be necessarily associated with a potential stressor. Instead of concentrating on the individual's perception of stressors in relation to his or her own stress coping abilities, the health realization model suggests that the nature of thought has a profound impact on shaping a person's stress levels.

The model states that it is a person's thinking process, which decides the response to external stimuli. In this model, stress is regarded as a by-product of an individual's appraisal of oneself through a mental state coupled with insecurity and negativity.

The model states that a quiet mind is a product of inner mind and common sense. This model puts forth the proposition that helping stressed individuals understand the importance of orienting thinking process on positive lines will go a long way in equipping them with better stress handling capacities.



## SCIENTIFIC & CONSERVATIVE DEFINITIONS OF STRESS

Stress is an inevitable part of our lives. We cannot do away with it. In fact, we often have to figure out ways to deal with it. However, a little proportion of stress 'keeps us going', an excessive experience of a stressful situation may result in the failure of the psychological, physical, mental or emotional defense mechanisms.

Coming up with a definition of stress is however, not an easy task. Over the decades, there have been many debates to come upon one conclusion on what stress really is. However, that conclusion still is not unanimous amongst the researcher's fraternity; different researchers have a different perception of stress.

As a result, stress has been defined in conservative terms as a cause and effect relationship between the body and the environmental factors influencing it. We react with our environment, which may be a work place or a home front. We come across many situations, which test our dexterity.

It is this unique experience of each person that will decide how the body reacts to such demanding situations, and whether the body can deal with them on ordinary terms, or may need more effort to come to terms with them. This back and forth relationship shows up in the form of many factors that may be out in the open or out of sight.

One could have changed moods or may develop some health problems. However, the conservative theory fails to take into account that a bit of stress can have a positive effect on an individual and may prompt him or her to direct his efforts towards goals.

The scientific definition of stress encompasses both the positive as well as the negative effects of stress to define this phenomenon. This definition states that stress is a condition when a person perceives that "demands exceed the personal resources that the individual can make available."

If the demands are not too in excess, this perception acts as a 'motivator' and acts as a trigger allowing a person to face an external stimulus with renewed vigor. If however, this excess cannot to be dealt with in an ordinary manner, the person begins to feel 'under pressure'.

The entire experience of being under pressure will show up in different forms like mental or emotional stress, physical, psychological or behavioral problems. What makes the study of stress so interesting is the fact that till date, there is no scientific evidence to link certain symptoms directly to stress. What we do is 'assume' things, and although stress does lead to a general degradation of health, there is no test to prove that.

## MEASURING THE INTENSITY OF STRESS

Stress is regarded as a medical condition and it can have a serious repercussions. It is thus, very crucial to cope up with it and to accurately pin point the cause of stress. The intensity of stress greatly depends upon the cause of stress.