

Stress Management

Compiled by Spandane

Introduction to Stress

- ◆ Jagi sarva sukhi asa kon ahe vichari mana tuchi shodhoni pahe....Ramdas.
- ◆ Every one carries/ faces stress.
- ◆ Nature of stress varies from person to person.
- ◆ It is born with your birth & continues till your death.

- ◆ Every happiness & luxury has element of inbuilt stress.
- ◆ Today this subject has acquired great importance.
- ◆ World has changed over the years.
- ◆ New inventions have resulted in saving of human energy and time.

- ◆ Now the question is whether the man and his sentiments have changed?
- ◆ The answer is NO.
- ◆ Man's basic nature is of happiness and every one makes all out efforts to seek happiness but the problem is that he does not know as to where he will get happiness.

- ◆ We never give much thought to what is happiness?
- ◆ Happiness is related to acquisition of luxury articles, which is obviously short lived.
- ◆ We will be happy if our mind rules the body & intelligence rules the mind.

- ◆ If it happens, then there will be equilibrium between our inner mind and body, which will lead to stable mind.
- ◆ We have no control over our birth but to a large extent we can decide how to live.
- ◆ We generally indulge in PAST or FUTURE. We hardly concentrate in PRESENT.

- ◆ This world is made up of Trigunas.
- ◆ It is natural to enjoy life up to limit but when we are dragged after our so-called enjoyment, and then our downfall begins.
- ◆ Ignorance, asakti and insecurity leads to FEAR which in turn lead to anxiety and stress.

- ◆ We must take necessary precautions but should not keep worrying unnecessarily.
- ◆ Anxiety follows fear like a shadow.
- ◆ Our failure to take decision between 2 positive alternatives or 2 negative alternatives leads to mental conflict.
- ◆ Our sense of security depends on article, circumstances and individual.

- ◆ Feeling of insecurity follows sense of security.
- ◆ Our stability of confidence depends on stability of circumstances, company etc.
- ◆ We fail to understand and get correct perspective of individual, circumstances due to arrogance.

- ◆ We generally tend to create our own image and if others accept it, our ego is flattered or else our emotions are badly hurt resulting to anger.
 - ◆ We do not change our image effectively with our movement in various segments of life.
 - ◆ With this background of factors leading to stress, we start our discussion on stress management.
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Stress Management & Physical Fitness

Preface

- ◆ This Article titled 'Stress Management' is dedicated to my late father who expired at the age of 58 years after fighting with Diabetes for over 35 years. Although his life span was quantified by destiny, he led very cheerful life and remained active till his death. He managed his stress by keeping himself occupied in some activity or the other.
- ◆ His life philosophy still inspires & offers solution to me in case of need.

Stress?

- ◆ S stands for sorrow.
- ◆ T stands for tension.
- ◆ R stands for rivalry.
- ◆ E stands for emotional outburst.
- ◆ S stands for success phobia.
- ◆ S stands for exit suspense.

What is Stress?

- ◆ Most people find it difficult to define stress, yet they experience it often. Stress can be defined as an excessive demand on physical and mental energy, often leading to anger, anxiety, distress, fear, irritability and frustration.

Stress is the essence of life

- ◆ Stress is the most common problem of urban people in developing countries.
- ◆ The word stress is derived from the Latin word 'stringere' which means 'to draw tight'
- ◆ There are two kinds of stress, based on physiological reactions: a) Positive stress prepares the body for action. The various factors responsible are joy, exercise, studies, and etc. b) Negative stress leads to anxiety and weakness. The various factors responsible are anger, frustration etc.

Causes of Stress

- ◆ Stress is due to an 'imbalance' between the physical and mental levels.
- ◆ The most common causes of stress are as follows:
- ◆ 1) Prolonged physical or mental strain.
- ◆ 2) Death of someone close, personal crisis.
- ◆ 3) Job stress.
- ◆ 4) Failure in ambition.
- ◆ 5) Marriage problems.

Physical symptoms of Stress

- ◆ Headaches
- ◆ Twitching eyelids
- ◆ Facial or jaw pains
- ◆ Dry mouth or throat.
- ◆ Swallowing problems
- ◆ Ulcers on tongue
- ◆ Neck pains
- ◆ Dizziness
- ◆ Backaches
- ◆ Weakness

- ◆ Constipation
- ◆ Indigestion
- ◆ Nausea & Vomiting
- ◆ Stomach pain
- ◆ Diarrhea
- ◆ Change in weight
- ◆ Skin problems
- ◆ Chest pains
- ◆ Heartburn
- ◆ Palpitation
- ◆ Frequent urination
- ◆ Cold hands & feet
- ◆ Excessive sweating
- ◆ Insomnia
- ◆ Excessive sleep
- ◆ High blood pressure
- ◆ Chronic fatigue
- ◆ Increased Allergies
- ◆ Frequent colds
- ◆ Rapid or difficulty in breathing
- ◆ Menstruation distress
- ◆ Swollen joints

Emotional Symptoms of Stress

- ◆ Moodiness
- ◆ Depression
- ◆ Unusual Aggressiveness
- ◆ Loss of concentration
- ◆ Nightmares
- ◆ Frustration

- ♦ Anger
- ♦ Anxiety
- ♦ Inability to take decision
- ♦ Thoughts of suicide
- ♦ Lack of sexual interest
- ♦ Frequent episodes of crying
- ♦ Neurotic behavior
- ♦ Periods of confusion

Behavioral Symptoms of Stress

- ♦ Nail biting
- ♦ Hair pulling
- ♦ Increased smoking
- ♦ Increased alcohol consumption
- ♦ Compulsive eating
- ♦ Compulsive dieting
- ♦ Foot & Finger tapping
- ♦ Wrinkling forehead
- ♦ Sudden change in social habits
- ♦ Chronic tardiness
- ♦ Grinding teeth

Physiology of Stress

- ♦ Stress plays a dual role i.e. it has both a protective and a damaging affect. Stress leads to anxiety, which stimulates the secretion of hormones.
- ♦ The physiology of stress is explained below.
- ♦ 1) The body perceives the situation of stress.
- ♦ 2) The body chooses and prepares itself for 'fight or flight'.
- ♦ 3) Pituitary gland secretes stress hormone.

Physiological effect of stress on different organs of the body

- ◆ Stress influences the body as a whole.
- ◆ 1) Cardiovascular system: Stress increases the cardiac output which makes the heart beat faster and harder. Reason-The hormone called 'cortisone' is secreted in the blood by adrenal glands, which directs the body to retain salt & water. This leads to more fluid in the blood circulation, which mean more loads on the heart.
- ◆ 2) Chronic stress leads to an increase in blood pressure. Physiological reason: Chronic stress leads to increase in cardiac output and arterial resistance.
- ◆ 3) Stress leads to a rise in cholesterol.
- ◆ 4) Stress for a prolonged time brings about changes in composition of blood, making it more susceptible to forming a clot, which can lead to 'cardiac arrest'.

10 Golden Rules for Stress Management:

- ◆ 1) Never say never
- ◆ 2) Act on facts
- ◆ 3) Never generalize
- ◆ 4) Accept your feelings.
- ◆ 5) Accept responsibility
- ◆ 6) Abandon false hopes
- ◆ 7) Step back from your problems
- ◆ 8) Simplify your lifestyle
- ◆ 9) Spend time with nature
- ◆ 10) Take decision with courage

5 Ways to conquer worry:

- ◆ 1) Refute the worry: Question your fear. How likely is it to happen? How many times have similar worries come to nothing?
- ◆ 2) Postpone your anxiety.
- ◆ 3) Face your fear: What's the worse that can happen? How likely is it? What would I do handle it? What can I do to prevent it or prepare for it?

- ◆ 4) Replace fear with concern.
- ◆ 5) If you can, just fix it. If something is out of your hands, worry is futile. If it is within your control, do something about it. Either way, worry adds nothing except more stress.

Taking control of Worry:

- ◆ 1) Distract yourself. Get busy with some form of physical pursuit or enjoyable activity.
- ◆ 2) Vent. Talk to someone, share your worries, and express your feelings.
- ◆ 3) Laugh. See if you can joke about what's worrying.
- ◆ 4) Try relaxation exercises.
- ◆ 5) Be philosophical. Tell yourself that whatever will be, will be.

Easy Tips to overcome Stress:

- ◆ 1) Exercise
- ◆ 2) Deep breathing
- ◆ 3) Meditation
- ◆ 4) Relax
- ◆ 5) Diet
- ◆ 6) Hasta Mudras
- ◆ 7) Reflexology
- ◆ 8) Magnet therapy
- ◆ 9) Yogasanas
- ◆ 10) Music therapy
- ◆ 11) Hydrotherapy
- ◆ 12) Massage
- ◆ 13) Good sleep
- ◆ 14) Laugh
- ◆ 15) Vitamins

Exercise

- ♦ Light exercise helps to stimulate blood circulation to all organs. It also helps to relax the muscles. It increases concentration of blood and oxygen in the brain. Exercises help to build stamina of the body, which in turn helps to beat stress.

Deep Breathing

- ♦ We begin to hold our breath when we feel upset. Breathing should be done slowly, softly and deeply. For better effect, one can do this by closing eyes. You should spend more time in exhaling than in inhaling.

Meditation

- ♦ Meditation helps to keep the mind steady and calm.
- ♦ Surrender yourself to the Almighty Super power by whatever name called.

Relaxation

- ♦ Relaxation helps to normalize the blood pressure and breathing pattern.
- ♦ It helps to distract the mind from all tensions, worries & problems.
- ♦ One should select relaxation activity as per choice and interest.
- ♦ Any activity other than one's usual activity can be called relaxation activity.e.g. Reading, playing, gardening, social work, exercise etc.

Diet

- ♦ Liberal amount of fresh fruits and vegetables should be consumed.
- ♦ Lettuce or salad leaves have a sedative effect.
- ♦ Milk mixed with honey, if taken at bedtime also works as natural tranquilizer.
- ♦ One should chew 10 leaves of Holy basil (Tulsi) everyday for preventing stress.
- ♦ Coffee, soft drinks, salt, sugar, cigarettes and alcohol should be avoided.

Hasta-Mudras

- ♦ Pruthvi mudra: Ring finger and thumb should touch each other. Benefits--It helps to achieve equilibrium between mind and the body.
- ♦ Meditation mudra: Thumb and first finger should touch each other. Benefits --It calms the brain.
- ♦ The above mudras should be done for minimum period of 15 minutes, twice a day.

Reflexology

- ♦ Press your Thumb by either by thumb Jimmy or by another hand. Benefits -- It helps to calm the brain.
- ♦ Exercise should be done by Acupressure Roller.

Magnet therapy

- ♦ Small power magnet (curved) south pole (blue) should be kept on forehead between two eyebrows. Magnet should be kept for minimum period of 15 minutes, twice a day.

Yogasanas

- ♦ One must do 'Shavasana' for 15 minutes. State of mind should be 'thought free'. You should concentrate on your breath at the time of doing 'Shavasana'.
- ♦ Pranayam should also be done every day, preferably early morning.

Music Therapy

- ♦ One should listen to soft music whenever one finds himself in a tense mood.
- ♦ Whenever you are alone at residence in a depressed mood, one should invariably switch on to music.
- ♦ Relaxation tapes / CDs are readily available in the music shops.

Hydrotherapy

- ♦ A hot water shower helps to restore the normal blood circulation.
- ♦ A hot pack to the spine at bedtime is also found helpful.

Massage

- ♦ Lightly massage the tense muscles and do light workout to ease the tension of various muscle groups such as Feet, stomach, chest, back, hands, shoulders, neck, and head.

Good sleep

- ♦ Good sleep helps to relax the body and mind.
- ♦ Do not go to bed with some worry or tension in your mind.
- ♦ Try to go to bed and rise at the same time.
- ♦ Preferably wear loose cotton clothes while sleeping.
- ♦ Avoid Tea, coffee, and alcohol since evening.

Laugh

- ♦ If possible join Laughter club.
- ♦ Whenever you find yourself tense, try to enjoy healthy laugh.
- ♦ You should keep 'joke book' handy for use whenever need arises.

Vitamins

- ♦ The following vitamins have sedative effect on the body and brain.
- ♦ 1 B-complex
- ♦ 2 Calcium
- ♦ Bach Flower remedies also provide relief.

Stress Level

- ♦ In order to initiate action to monitor stress, it is essential to know the stress level. The subject is highly subjective and impact of same event on two persons will vary depending upon their personality. One way of measuring stress level is to look at the changes that have happened in one's life. Using the scale given below, add up the points for all the events that have happened to you in the last 12 months.

List of events & points

♦ 1 Death of spouse	100
♦ 2 Divorce	73
♦ 3 Marital separation	65
♦ 4 Prison punishment	63
♦ 5 Death of close family member	63
♦ 6 Personal injury or illness	53
♦ 7 Marriage	50
♦ 8 Loss of job	47
9 Marital reconciliation	45
10 Retirement	45
11 Change in health of family member	44
♦ 12 Pregnancy	40
♦ 13 Sex difficulties	39
♦ 14 Gain of new family member	39
♦ 15 Business readjustment	39
♦ 16 Change in financial status	38
♦ 17 Death of close friend	37
♦ 18 Change to different type of work	36
♦ 19 Changes in no. of arguments with spouse	35
20 Heavy loan taken	31
21 Repayment of loan	30
♦ 22 Change in responsibilities at work	29
♦ 23 Son or daughter leaving home	29

♦ 24 Trouble with in-laws	29
♦ 25 Outstanding personal achievement	28
♦ 26 Wife begins or stops work	26
♦ 27 Beginning or completing studies	26
♦ 28 Change in living conditions	25
♦ 29 Change in personal habits	24
♦ 30 Trouble with employer	23
31 Change in working hours/conditions	20
32 Change of residence	20
♦ 33 Change of college	20
♦ 34 Change in recreation	19
♦ 35 Change in religious activities	19
♦ 36 Change in social activities	18
♦ 37 Medium value loan	17
♦ 38 Change in sleeping habits	16
♦ 39 Changes in no. of family get-togethers	15
♦ 40 Change in eating habits	15
♦ 41 Enjoying vacation	13
42 Celebrating any function	12
43 Minor violation of law	11

♦ If your score is	Stress level
♦ Less than 150	Low
♦ 150 -- 249	Mild
♦ 250 -- 299	Moderate
♦ More than 300	Major

Expectations from viewers

- ◆ If after reading the above article, it is expected that one should accept the existence of stress, find out his stress level and decide the strategy to overcome it.
 - ◆ After all stress is a part of our life. It begins with our birth and ends with our death.
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Stress --- Specific issues**Family Stress**

- ◆ You must acquire skill to stay at home as a guest.
- ◆ Every person has ego.
- ◆ Every person has individuality.
- ◆ Do your own work.
- ◆ Help other family members.
- ◆ Cultivate apathy.
- ◆ Give respect to get respect.
- ◆ Forget your office designation.

Financial Stress

- ◆ Set your financial goals.
- ◆ $\text{Income less saving} = \text{Expenditure}$.
- ◆ Invest surplus according to your financial plan & needs.
- ◆ Borrowing should be minimum.

Job / Career Stress

- ◆ Boss is always right.
- ◆ Decide priorities.
- ◆ Differentiate between important & urgent activities.
- ◆ What to delegate? & whom to delegate?
- ◆ Set deadlines on daily basis.
- ◆ One must acquire the knowledge of 'What not to do.'
- ◆ It is important to achieve overall proportionate success.
- ◆ Enjoy the job of sincere work.

- ◆ Cultivate the habit of acquiring new knowledge useful for the job.
- ◆ Undertake SWOT analysis.

Old Age Stress

- ◆ Seek the blessing of: Fire (Agni), Sun, Moon, Space.
 - ◆ Do not keep high expectations from others.
 - ◆ Develop hobbies and plan old age.
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Dr. Bach Flower Remedy

१) मानसिक ताण , काळजी

१.१	परंतु इतरांपासून लपवून ठेवणे .	Agrimony
१.२	सर्व दुःखे भडाभडा सांगून टाकतो .	Heather
१.३	गत आयुष्यात रमणारा व त्यावर विचार करणारा , घरवेडा , बाहेर जाणे आवडत नाही .	Honeysuckle
१.४	अधिर , कोणतीही गोष्ट त्वरीत व्हावी अशी इच्छा त्यामुळे मनावर ताण , संयमाचा अभाव .	Impatiens
१.५	जवळच्या व्यक्तीची वाजवीपेक्षा जास्त काळजी करणारा स्वभाव .	Red chestnut
१.६	मानसिक आघात , मानसिक नैराश्य , शॉक .	Star of Bethlehem

२) भीती (Fear)

२.१	अकारण भीती . (vague fear of unknown origin)	Aspen
२.२	माहीत असलेल्या गोष्टीची भीती , चिंता .	Mimulus
२.३	भयंकर भीती .	Rock Rose
२.४	सतत नको असणारे , न आवडणारे विचार मनात येणे , मानसिक वाद घालणे , संवाद करणे .	White Chestnut

३) दुस-याचे दोष

३.१	सदोदीत काढणे .	Beech
३.२	व्देष , मत्सर , हेवा वाटणे , शंकेखोरपणा .	Holly
३.३	व्देषारोप / बदनामी करण्याचा स्वभाव .	Oak

४) इच्छाशक्ती

४.१	दुर्बल , सहजगत्या भारावून जाणारा , दुस-यांपुढे भिडस्त .	Centauray
४.२	मानसिक व शारीरिक थकवा , हाती घेतलेले काम पूर्ण पडेल की नाही अशी शंका . शरीरापेक्षा मनाने थकलेला . थकवा त्वरीत बरा होतो .	Horn beam
४.३	अति उत्साही . इच्छाशक्तीवर अनेक कामे रेटून नेतो . शरीराने नेहमी थकलेले असतात . एखाद्या गोष्टीसाठी वेडपटपणा (Fanatics) सुधारणावादी (Reformers) स्वतःची तत्वे सांभाळण्यासाठी कोणत्याही संकटाला सामोरे जातात . चपळ शरीरापेक्षा मन वेगाने धावते . इच्छाशक्तीवर कामे रेटून नेतात .	Vervain
४.४	थंडपणा , उदासीनता , महत्वाकांक्षेचा अभाव , कोणतीही आकांक्षा नसणे . आयुष्याचे भोग हे भोगलेच पाहिजेत अशी विचारधारणा .	Wild Rose
४.५	संपूर्ण शारीरिक व मानसिक थकवा .	Olive

५) स्वतःचे कर्तृत्वः

५.१	निर्णय घेण्याची क्षमता असूनही साशंक असणे , स्वतःबद्दल अविश्वास , मूर्खपणा . दुस-याचे ऐकून मूर्ख ठरणारा .	Cerato
५.२	चंचल , निर्णय घेण्याची ताकद नाही परंतु दुस-याचा सल्ला घेत नाही . मनाची व्दिधा अवस्था	Scleranthus
५.३	स्वतःबद्दल अविश्वास वाटणे , कर्तृत्वहीनता , दुस-या च्या यशाचे कौतुक , परंतु स्वतःला कनिष्ठ समजून निराश होतो . अपयशाची अगोदरपासून भावना .	Larch
५.४	आत्मनिष्ठ , फक्त स्वतःबद्दल विचार , आत्मप्रौढी .	Heather
५.५	पुन्हा पुन्हा त्याच चुका करण्याची प्रवृत्ती , अनुभवातुन शिकत नाही .	Chestnutbud
५.६	मालकी/स्वामित्व गाजवणारा स्वभाव , मनाचा व शरीराचा कोंडमारा .	Chicory
५.७	अति महत्वाकांक्षी , Inflexible , ताठपणा , आपल्या हातात सत्ता ठेवण्याची ओढ . इतरांच्या मतांचा आदर न बाळगता आपलेच घोडे पुढे दामटायची प्रवृत्ती , स्वतःबद्दल आपण नेहमीच बरोबर असण्याची त्यांना खात्री असते . एखाद्यावर सत्ता गाजवता आली नाही तर ते त्या व्यक्तीचा नाद सोडून देतात .	Vine
५.८	अभिमानी , Pride , एकल कोंडेपणा , स्वतःवर दांडगा विश्वास , कोणावर अवलंबून राहत नाहीत व दुस-याच्या भानगडीत लुडबूडही करत नाहीत व इतरांचा हस्तक्षेप चालत नाही , अहमान्य व शिष्ट .	Water Violet
५.९	कठोर , पाषाणहृदयी , तत्वे पाळणारा , पराकोटीचा आदर्शवादी , मनावर दडपण ठेवून कडकपणे वागणे , दुस-यावर मते लादत नाहीत . तरी स्वतःवर ते त्यांच्या कठीण मतांना वागवत असतात , आयुष्य शिस्तबद्ध व कडक , स्वतःच्या वागणुकीने आजूबाजूच्या लोकांवर चांगला परिणाम होण्यासाठी ते झटत असतात .	Rock Water

६) नैराश्य :

६.१	हातून काहीतरी विपरीत घडेल (आत्महत्या)अशी भीती .	Cherry Plum
६.२	तुसडेपणा (Indifference) स्वप्नाळू , लक्ष नसणारा (inattentive) कमालीचा झोपाळू . वर्तमानकाळात रस नसतो . कोणत्यातरी विचारात मग्न . भविष्यकाळाबद्दल सुखद कल्पना .	Clematis
६.३	नैराश्य , असंतुष्टता , अभावितपणे मनाविरूद्ध वागण्याचे दुष्परिणाम मनावर व शरीरावर झाल्यास नैराश्य येते , मन व शरीर यांचा समतोल ढळल्यास , क्षुल्लक कारणांना महत्व देऊन त्यात गर्क घेणा-या मनोवृत्तीसाठी .	Crabapple
६.४	अधूनमधून अपूर्णतेची भावना , तात्पुरते नैराश्य , एखादी गोष्ट मिळविण्यासाठी केलेल्या प्रयत्नामुळे आलेला शीण , जबाबदारीचे ओझे वाटणे व त्यामुळे थकवा वाटणे .	ELM
६.५	शंकेखोर स्वभाव , उदासपणा , धैर्य खचणे , चटकन निराश होणे , जरा काही चुकले की फार निराश होतो , नकारात्मक भूमिकेमुळेच पुष्कळशी	Gentian

	संकटे येतात , निराशेचे कारण माहित असते. दुस-याची काळजी करतात .	
६.६	निराशेचे कारण माहित नसते , अचानक , अकारण येणारी निराशा .	Mustard
६.७	निराशावाद , वैफल्य , खचलेले मन , आपले दुःख कधीच संपणार नाही असे वाटणारे , कायम दुखणेकारी राहणार असे लोक , निराशेचे कारण माहित असते .	Gorse
६.८	नैराश्य परंतु सर्व दुःखातून अगर आजारातून निश्चित बाहेर पडू अशी आशादायक मनोवृत्ती .	Oak
६.९	अपराधीपणाची भावना व त्यामुळे नैराश्य (Guilty Feeling) स्वतःचा धिक्कार करणे , स्वतःच्या कामाबद्दल नेहमी असमाधान असणे .	Pine
६.१०	मनाची तीव्र बैचैनी , वैराग्य अथवा तगमग , खिन्ता . आत्महत्येकडे प्रवृत्ती नसते .	Sweet Chestnut
६.११	कौटुंबिक बांधिलकी , पूर्णपरंपरा यामुळे मनावर दडपण व नैराश्य परंतु नवीन आयुष्य जगण्यात स्वतःला पटेल त्या मागनि पुढे जाण्याची तीव्र इच्छा .	Walnut
६.१२	अनिश्चितता (Uncertainty) असंतुष्टता , असमाधानी (Despondency) महत्त्वाकांक्षी , अनेक गोष्टी करावयास जातात परंतु कोणतीच गोष्ट जमत नाही . काय पाहिजे ते सांगता येत नाही व मनाप्रमाणे मिळविल्याशिवाय त्याचे समाधान होत नाही .	Wild Oat

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