



Stress management

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ABSTRACT

Stress management is to identify the sources of stress in your life begins with. This is not easy to find. Your true sources of stress are not always clear, and it's all very easy on your own stress-inducing thoughts, feelings and behavior naught. Think about how you cope with the stress of life. Your coping strategies healthy or unhealthy, helpful or unproductive for? Unfortunately, many ways to resolve the problems compound the stress. No one method works for everyone or every situation, so experiment with different techniques and strategies. Focus on what makes you feel calm and in control. Avoid all unnecessary stress, stress can be avoided, and it is not healthy to avoid a situation that needs to be addressed. If you have a stressful life situations can be avoided, try to change it. If you can not change the stressor, change yourself. You can adapt to stressful life situations, and your sense of control by changing your expectations and attitude can be retrieved. It may be difficult to accept, but in the long run, it's easier than railing against a situation you can change. Take-charge approach and a positive attitude, you can reduce stress in your life by yourself you care and last adopted a healthy lifestyle

KEYWORDS : steps of stress Management**Introduction:-**

Stress management is to identify the sources of stress in your life begins with. This is not easy to find. Your true sources of stress are not always clear, and it's all very easy on your own stress-inducing thoughts, feelings and behavior naught. That, you know that you're constantly worried about work period. But perhaps the real work of your. Procrastination leads to demand that the stress change.

Think about how you cope with the stress of life. Your coping strategies healthy or unhealthy, helpful or unproductive for? Unfortunately, many ways to resolve the problems compound the stress

• Causes of stress:

1. Smoking
2. Drinking too
3. Overeating or underrating
4. Zoning out for hours in front of the TV or computer
5. Friends, family, and activities of the retreat
6. Tablets or medicines used to relax
7. Very Sleeping
8. Procrastinating
9. To avoid the problems experienced to fill every minute of the day
10. Taking your stress out on other (out, angry outbursts, physical violence lashing.

If your methods of combating stress and physical health is not contributing to your greater emotional, it's time to find healthier ones. There are many healthy ways to manage and cope with stress, but they must all change. You can either change the situation or change your reaction. When deciding which option to choose, it is helpful to think of the four as: avoid, alter, adapt, or accept. Each has a unique response to stress; there is no solution for managing "one size fits all." No one method works for everyone or every situation, so experiment with different techniques and strategies. Focus on what makes you feel calm and in control.

❖ Stress Management Strategy 1: Avoid unnecessary stress

can not avoid all unnecessary stress, stress can be avoided, and it is not healthy to avoid a situation that needs to be addressed. You may be surprised, however, in your life by establishing the number that you can remove.

Learn how the "No" say - Know your limits and stick to them. In your personal or professional life, whether to accept added responsibilities when you're close to reaching them is denied. More than you can handle a surefire recipe for stress.

- Avoid people are stressed out - If someone consistently causes stress in your life and you do not belong, around the time the amount that you spend with the person who can limit or end the relationship completely.
- Take control of your environment - If the evening news makes you anxious, turn off the TV. If traffic's got you tense, take a longer but less-traveled route. If the market is going to an unpleasant chore, not your grocery shopping online.

- Warm - Avoid button topics - If you are upset over religion or politics, and list them across to your conversation.
- Pare your list - your schedule, responsibilities, and daily tasks analysis. If you've got a lot on your plate, the "should" and the "musts." The difference between the drop down list of actions that are necessary or not eliminate them.

❖ Stress management strategy 2: Status Change

If you have a stressful life situations can be avoided, try to change it. Figure out what you can change things so that the problem can present itself in the future. Often, changing the way you communicate and operate in your daily life. Is prepared to compromise. When you ask someone to change their behavior, you have to be ready. If you are both willing to bend at least a little, if you find a happy middle ground would be a good opportunity.

Be more assertive. Do not take a backseat in your own life. Dealing with the problem head on, you're best to anticipate and prevent them. If you've got an exam to study and your chatty roommate just got home, say up front that you only have five minutes to speak.

Manage your time better. Poor time management can cause a lot of stress. When you're stretched too thin and running behind, it is difficult to remain calm and focused. But if you plan ahead and make sure you overextend yourself, and then you're under stress, you can change the amount.

❖ Stress Management Strategy 3: The stressor adaptation

If you can not change the stressor, change yourself. You can adapt to stressful life situations, and your sense of control by changing your expectations and attitude can be retrieved.

Reframe problems. Try to view stressful life situations more positive perspective. Rather than fuming about a traffic jam, rather, as an opportunity to see and regroup, listen to your favorite radio station, or enjoy some time alone

Configure your standards. Perfectionism is a major source of avoidable stress. Stop setting yourself up for failure by demanding perfection. Set reasonable standards for yourself and other people, and try to fix with "good enough."

Focus on the positive. When stress is getting you down, take some time for all the things you appreciate in your life is your own positive qualities and gifts, which affects the.

❖ Stress Management Strategy 4: Accept the things you can not change

Some sources of stress are unavoidable. You can not stop or a loved one, a serious illness, or death, such as establishing a national recession can change. In such cases, the best way to cope with stress is to accept things as they are. It may be difficult to accept, but in the long run, it's easier than railing against a situation you can change.

Do not try to control the uncontrollable. There are many things in life, and especially other people behave outside of our control. Instead, he emphasized, rather than out of, the things that you choose how you react to problems, such as stress can control.

See this undo. As the saying goes, "What does not kill us makes us stronger." When faced with major challenges in order to try to see them as opportunities for personal development. If your own poor choices contributed to a stressful life situation, reflect on them and learn from your mistakes.

Share your feelings. Talk with a trusted friend or therapist to make the appointment. Expressing what you're passing very cathartic may be, but there is nothing you can change the status of a stressful life.

Learn to forgive. The fact that we live in an imperfect world and accept that people make mistakes. Let anger and dissatisfaction. Forgiveness and moving themselves free from negative energy.

❖ **Stress Management Strategy 5: Make time for fun and comfort**

Take-charge approach and a positive attitude, you can reduce stress in your life by yourself you care. If you regularly make time for fun and relax, you have a better life rather than raise the handle when they inevitably will. Healthy rest in order to:

- Go for a walk.
- Spend time in nature.
- Call a good friend.
- Workout stress with a good sweat.
- Write in your journal
- Light scented candles.
- Listen to music.
- see comedy.
- Allow phonetic typing Alpha
- A hot cup of coffee or tea flavor.
- Get a massage

Set aside relaxation time. And the rest of your daily schedule includes relief. Do not allow other obligations to encroach on it. This may take a break from all responsibilities and recharge your battery time.

Connect with other people. Spends time with positive people who enhance your life. A strong support system will buffer you against stress and negative affect.

Select something you enjoy every day. Make time for leisure activities that bring you joy, whether it be stargazing playing the piano, or working on your bike.

Keep your sense of humor. This includes the ability to laugh at you. The act of laughing helps your body fight stress.

❖ **Stress Management Strategy 6: Adopt a healthy lifestyle**

Increase your resistance to stress by strengthening your physical health you can.

Exercise regularly. Effects of physical activity to reduce and prevent stress play a key role. Exercises, at least 30 minutes, three times per week, make time. Nothing pent up stress and tension free aerobic exercise for him.

Eat healthy food. Well-nourished bodies are better prepared to cope with stress, so mindful of what you eat of. Start your day right with breakfast, and your energy and your mind throughout the day, balanced, nutritious meals with a clear mind.

Reduce caffeine and sugar. Temporary "highs" caffeine and sugar you often end up with a crash in mood and energy that it provides. Reducing the amount of soft drinks, coffee, chocolate, and sugar snacks in your diet, you will feel more relaxed and you'll sleep better pay.

Alcohol, cigarettes and drugs, and foods. Self-medicating with alcohol or drugs, stress, provides an easy escape, but the relief was only temporary. Do not avoid or mask the issue at hand; problems head on and deal with a clear mind.

Get enough sleep. Not enough sleep fuels your mind, and your body. Feeling exhausted increases your stress because it may cause you to think irrationally.