



THE ART OF UNWINDING: MASTERING STRESS MANAGEMENT – A REVIEW ARTICLE

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ABSTRACT

There are several different reduction strategies. They usually consist of actions that enhance physical health, including eating right and exercising, but they can also contain tactics that enhance mental and emotional abilities. Numerous epidemiological and medical experts have recently shown a great deal of interest in the stress reduction strategy based on mindfulness practices. A focused awareness of one's reality and a deliberate, nonjudgmental focus on the present moment are the definitions of mindfulness, a term that has its roots in Buddhist teachings. Participants in structured interventions, like the Mindfulness Based Stress Reduction (MBSR) program, can learn body scanning techniques, breathing meditation, and mild physical exercises with a yoga-inspired theme.

KEYWORDS : Stress ,meditation ,emotion , yoga, breating Techniques

INTRODUCTION

It is suggested that the only reasonable definition of stress is a perceptual phenomena that results from a comparison between an individual's capacity to cope and the demands placed upon them. The experience of stress and the stress response are caused by an imbalance in this process when coping is crucial.

IDENTIFYING THE STRSS AND MANAGEMENT OF STRESS

Identify the source of stress.

- Look closely at the habits, attitudes, and excuses.
- Identify whether they are accepting their role to play.

Identify The Stressors

- Ask them to write in a diary what caused stress.
- How much did you feel physically and emotionally?
- How did they act in response?

Learning healthier ways to manage stress.

AVOID THE STRESSER

Learn how to say No

Refusing to accept the added responsibilities taking more than to handle is the recipe for stress.

Avoid the people who cause stress.

If someone consistently causes stress limit the time spent with him or end the relationship entirely.

Take control of the environment.

If anything makes anxious, turn the TV off.

Avoid hot-button topics.

Avoid conversation that makes to upset like religious, political.

Conversation.

If any argument occurs stop or excuse from the topic of discussion.

Pare down to-do list.

Analyze the schedule, responsibilities, and daily tasks, distinguish between the should and must, and drop the tasks that aren't truly necessary to the bottom of the list or eliminate them entirely.

Alter The Situation

- Express the feelings instead of bottling them up.

If something or someone bothers communicate the concern in an open and respectful way.

Be willing to compromise.

If they are expecting someone to change their behavior, bend a little to find happy ground.

Be more assertive.

Deal with the problem and do your best to anticipate and prevent them.

Managing the time better.

Poor time management causes a lot of stress plan ahead and act accordingly.

Adopt the stressor.

If unable to change the stressor changes themselves to adapt to the stressful situations and regain a sense of control.

Reframe problems. Try to view the stressful situations from a more positive perspective.

Example. In traffic, listen to your favorite radio station or enjoy some alone time. Look at the big picture. Ask themselves whether worth getting upset over.

Adjust the standards.

Perfectionism is a major source of avoidable stress. Set reasonable standards for themselves and others and learn to be okay with good enough.

Focus on the positive.

When stress is making to down take a moment to reflect. Appreciate positive qualities and gifts.

ADJUSTING THE ATTITUDE.

Eliminate words such as always, never, should, and must. These are marks of self-defeating thoughts.

Accept the things that can't change.

Accept the things as they are. Acceptance may be difficult. It's easier against the situation that can't change.

Don't try to control the uncontrollable.

Many things in life are beyond our control, particularly the behavior of other people.

Look for the upsides.

When facing major challenges look at them and learn from the mistakes.

Share your feelings.

Talk to a trusted friend or make an appointment with the therapist about the stressful situation.

Learn to forgive.

Accept the fact that we live in an important world and that people make mistakes. Free from negative energy by forgiving and moving on.

Prevention Of Stress

Primary Prevention

- Health education.
- Environment change.
- Social support.
- Community-wide programme.
- Mile stone programme.
- High risk.

Secondary prevention.

- Screening and early detection.
- Emergency treatment, counseling, Crisis intervention and psychotherapy.

Tertiary prevention

- Promoting vocational training and rehabilitation.
- Organizing after care programme.
- Providing partial hospitalization.

STRESS MANAGEMENT TECHNIQUES

It involves manual realignment of the vertebrae.

Therapeutic touch.

Healing energy is channeled through a practitioner's hands to improve well-being. Energy and blood to flow through muscles and soft tissues more readily.

Massage.

Manipulation of the soft tissues relaxes muscles, release body tension, improves circulation, and allows energy and blood to flow through muscles and soft tissues more readily.

Reflexology.

It is the application of pressure to specific points on the feet, hands or ears which are thought to correspond with certain organs of the body.

Humor.

Reading and telling jokes, and viewing funny movies help release tension and anger and increase coping abilities.

Listening to music.

Music soothes and relaxes when its vibrations are in harmony with body frequencies.

Engaging in art activities

Painting, working with clay and engaging in other art activities help to express emotions and release endorphins.

Dance and sports

Like other forms of exercise release pent-up physical tension and emotions.

Journal writing.

Helps the person to reflect on experiences and express emotions

STRESS MANAGEMENT FOR NURSES

- Common stresses understanding.
- Increasing severity of client illness.

- Adjusting to various work shifts.
- expected to assume responsibilities for which one is not prepared.
- Inadequate support from supervisors and peers.
- Visiting homes that are depressing.
- Caring for dying.

EFFECTS.

- Overwhelmed (fatigue, anger, overwhelmed)
- Burn out.
- Complex syndrome of behaviours.
- Exhaustion.
- Physical and emotional depletion.
- Negative attitude.
- Self-concept.
- The feeling of helplessness and hopelessness.

TECHNIQUES TO MANAGE STRESS

- Plan a daily relaxation program with meaningful quiet times to reduce tension. (Eg). Listen to music, read so ale in tab or medicine.
- Establish a regular exercise program to direct energy outward.
- Study assertiveness techniques to overcome feelings of powerlessness.
- Learn to say No.
- Learn to accept failures.
- Learn to ask for help.
- Shown your feelings with colleagues.
- Support the colleagues in times of need.
- Develop collegial support groups.
- Participate in professional organizations to address work place issues.
- Seek counseling if indicated to help clarify concerns.

RECENT TRENDS AND TECHNIQUES IN THE MANAGEMENT OF STRESS

Mindfulness and Meditation: Mindfulness-based stress reduction (MBSR) and mindfulness meditation have gained popularity. These practices involve focusing on the present moment, reducing rumination, and promoting relaxation. Smartphone apps and online platforms have made mindfulness more accessible.

Biofeedback and Wearable Technology: Advances in technology have led to the development of wearable devices that can monitor physiological responses to stress, such as heart rate and skin conductance. These devices provide real-time feedback, helping individuals learn to control their stress responses.

Digital Therapeutics: There has been a rise in digital therapeutics, including apps and online programs that offer evidence-based interventions for stress and mental health. These platforms often include cognitive-behavioral therapy (CBT) techniques, stress tracking, and personalized support.

Workplace Stress Management Programs: Many organizations are implementing stress management programs to support their employees' well-being. These programs often include stress awareness training, relaxation techniques, and access to mental health resources.

Telehealth and Online Counseling: The COVID-19 pandemic accelerated the adoption of telehealth services for mental health support. Online counseling and therapy sessions have become more common, making it easier for individuals to seek professional help for stress-related issues.

Resilience Training: Resilience training programs aim to help individuals build emotional resilience and adaptability in the face of stress. These programs often incorporate mindfulness, cognitive-behavioral techniques, and positive psychology

principles.

Yoga and Tai Chi: Practices like yoga and Tai Chi have gained recognition for their stress-reducing benefits. They combine physical activity, relaxation, and mindfulness, promoting overall well-being.

Nutritional Approaches: The relationship between diet and stress is increasingly recognized. Nutritional strategies, such as consuming stress-reducing foods (e.g., foods rich in omega-3 fatty acids) and managing sugar and caffeine intake, are being explored.

Stress Reduction Apps: There are numerous smartphone apps specifically designed to help individuals manage stress and anxiety. These apps offer guided relaxation exercises, breathing techniques, and mood tracking.

Holistic Approaches: Some individuals are turning to holistic approaches such as aromatherapy, acupuncture, and massage therapy to alleviate stress symptoms.

Physical Activity and Exercise: Regular physical activity remains a powerful stress management technique. High-intensity interval training (HIIT), yoga, and outdoor activities have gained popularity for their stress-reducing effects.

Sleep Optimization: Sleep is closely linked to stress. Techniques and technologies for tracking and improving sleep patterns have become important tools in managing stress.

Community And Support Groups: Many individuals find solace and stress relief in community and support groups. These groups can provide a sense of belonging and a platform to share experiences and coping strategies.

The effectiveness of stress management techniques can vary from person to person, and it's essential to find approaches that work best for your unique needs and circumstances. If you are experiencing chronic or severe stress, consider seeking professional help from a mental health practitioner. Additionally, stay updated with the latest research and trends in stress management to access the most effective strategies available.

EVIDENCE BASED PRACTICE

A study on a Stress management intervention program for teaching staff at private engineering colleges in Tamil Nadu to improve their job performance and well-being was conducted. A structured questionnaire was framed with the help of stress-causing factors and their effect on job performance. In addition to this, a few questions were asked related to stress management intervention program. The survey was conducted with 370 respondents, while further analysis was carried out with the filled 260 respondent's data using descriptive statistics, correlation, regression, ANOVA and SEM. The study reveals that workload plays a significant role in stress whereas other factors are consequently lower than that. Also, the primary-level intervention programs are more effective than secondary-level intervention programs to reduce the stress level of stressors.

CONCLUSION

Stress is a natural response to life's challenges, but how we adapt to and manage stress is crucial for our overall well-being. Developing effective coping strategies, building resilience, and taking care of both our mental and physical health are essential steps in navigating the complex relationship between stress and adaptation.

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