



CONTROL YOUR STRESS AND ENJOY YOUR LIFE

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Introduction:

Stress is the body's natural reaction to pressure or demands. It can be triggered by various factors such as work, relationships, or major life changes, and it can manifest both mentally and physically. Stress can sometimes be beneficial, motivating us to perform well under pressure, but too much of it can have negative effects on our health and well-being.

Stress can be caused by a variety of factors, including:

1. Work or school pressure
2. Relationship issues
3. Financial problems
4. Major life changes (moving, divorce, job loss, etc.)
5. Health concerns
6. Traumatic events
7. Lack of sleep
8. Poor time management
9. Perfectionism
10. Negative thinking patterns

Stress can have a significant impact on various aspects of our lives:

Physical health- It can lead to

headaches, muscle tension, fatigue, and sleep problems. Chronic stress can also increase the risk of serious health conditions like heart disease, obesity, and diabetes.

Mental health- Stress can contribute to anxiety, depression, irritability, and difficulty concentrating.

Behavioral changes- It may lead to unhealthy coping mechanisms such as overeating, substance abuse, or withdrawing from social activities.

Relationships- High stress levels can strain relationships with family, friends, and colleagues due to irritability and decreased emotional availability.

Work or school performance- Stress can impair cognitive function, leading to decreased productivity, difficulty concentrating, and poor decision-making.

➔ Some ways that stress impairs the person effectiveness and personal well-being:

Decision making: The pressure of time constraints can reduce concentration, limit creativity, and make it difficult to process information.

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People may also default to thinking in extremes. Person facing a crisis without the skills to manage the additional stress may thus narrow their focus on the immediate situation without thinking about the future or bigger picture. This can lead to missing opportunities for innovation or failing to message hope and optimism to keep people focused.

Isolation: Stress can cause abruptness, irritability, and impatience with other people. This negatively affects professional relationships, dampening people's desire to speak up or provide information to those in charge.

Sleep deprivation: Lack of sleep affects people physically and mentally, making it difficult to perform at their best. Research shows that people who are sleep deprived are less cooperative and more selfish. They may also be less aware of how their lack of sleep is affecting their behavior toward others, unwittingly reducing confidence and damaging relationships.

Negative mood: Research shows that people want a calm demeanor and positive outlook. Unmanaged stress can lead to displays of negative emotions such as anger and irritability, which can reduce trust and confidence among the individual.

Reduce the overall stress of day-to-day activities:

1. Use guided meditation:

Guided meditation is a great way to distract yourself from the stress of day-to-day life. There are many guided meditations available online that can help you find five minutes of centered relaxation.

2. Practice deep breathing.

Deep breathing is a great way to reduce the activation of your sympathetic nervous system, which controls the body's response of fight or flight to a perceived threat. Deep breaths taken in for a count of five seconds, held for two seconds and released for a count of five seconds, can help activate your parasympathetic nervous system to rest and digest, which helps reduce the overall stress and anxiety you may be experiencing.

3. Maintain physical exercise and good nutrition.

Physical exercise and nutrition are two important components in how you respond to stress. When your body is healthy, your mind can be healthy and vice versa. Physical exercise is proven to be a great stress reliever and also helps to improve your overall quality of life. Nutrition is important because stress can deplete certain vitamins, such as A, B complex, C and E. Maintaining proper nutrition not only helps your body feel better, but your mind as well, which allows you to better combat stress.

4. Manage social media time.

Spending time on social media sites can become stressful, not only by what you might see on them, but also because the time might best be spent enjoying visiting with friends, being outside enjoying the weather or reading a great book. In addition, many people use social media at night, which may worsen sleep due to increased stress at the exact time people are trying to wind down for the evening, resulting in fewer overall hours of quality sleep.

5. Connect with others.

Humans are social beings. You need to have connections with people to feel supported. Finding a sense of community, whether at work, with a religious organization or through shared activities, such as organized sports, is important to your well-being. Enjoying a shared activity allows you to find support and foster relationships that can be supportive in difficult times.