

## STRESS MANAGEMENT

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Stress management refers to a wide spectrum of techniques and psychotherapies aimed at controlling a person's levels of stress, especially chronic stress, usually for the purpose of improving everyday functioning.

Stress Management is needed by the majority of us today. Students are under great pressure, job seekers are competing, parents usually are busy providing and some people are only attempting to pay our bills. No matter what, learning healthier stress relief techniques can make your wellbeing much better.

Everything in life can cause stress. You can be stressed by relationship problems, family problems, emotional problems (such as anxiety and depression), social situations, your job and where you live.

It's undeniable — life is full of stress. Understanding the types and sources of stress — big and small, short-term and long-term, internal and external — is an important part of stress management.

The symptoms of stress are a faster heartbeat, stiff neck, headaches, sleeping problems, stomach problems, back pain, sweaty palms and reduced immune system efficiency which can lead to disease and illness.

In order to develop an effective stress management programme it is first necessary to identify the factors that are central to a person controlling his/her stress, and to identify the intervention methods which effectively target these factors. Lazarus and Folkman's interpretation of stress focuses on the transaction between people and their external environment (known as the Transactional Model). The model contends that stress may not be a stressor if the person does not perceive the stressor as a threat but rather as positive or even challenging. Also, if the person possesses or can use adequate coping skills, then stress may not actually be a result or develop because of the stressor. The model proposes that people can be taught to manage their stress and cope with their stressors. They may learn to change their perspective of the stressor and provide them with the ability and confidence to improve their lives and handle all of types of stressors.

Stress can affect your relationships and work so you should have an idea of the major stressors and stress management techniques.

The following stress management techniques will help you get relief from stress quickly and supply you with the tools you need for long-term stress management.

1. Exercise – Regular exercise is one of the best methods for long-term stress management, weight loss, and just feeling better about yourself.
2. Deep breathing – When you get stressed your breathing naturally becomes shallow. If you practice some deep breathing you will immediately feel better.
3. Practice progressive relaxation –If you relax your body then you will automatically relive stress.
4. Use guided imagery –If you think angry thoughts you will feel angry and if you think happy thoughts you will feel happy.
5. Practice Meditation – Meditation is a well known stress reducer
6. Self-Hypnosis – Self-hypnosis is easy to do and is very effective at changing thinking patterns that cause stress.
7. Start a stress journal –To gain more control over stressful events keep a record of every situation that caused you to get stressed, how you reacted to the stress (did you get angry, snap at someone or feel hopeless), and what you can do in the future to deal with this stress.
8. Just write – Writing out your thoughts and feelings is a great way to release pent up emotions.
9. Manage your time better – A lot of stress we face is because we lack the time to do everything we want.
10. Set goals – Studies have shown that people who have a purpose in life are more motivated and more resilient to stress.
11. Sleep well – Sleep is our body's natural way to releasing stress.

Many practical stress management techniques are available, some for use by health practitioners and others for self-help, which may help an individual to reduce stress, provide positive feelings of being in control of one's life and promote general well-being.

Stress management is the alteration of stress and especially chronic stress often for the purpose of improving everyday functioning.

Stress management has physiological and immune benefits.

So Stress Management is a set of strategies, methods and techniques that allow a person to prevent a negative impact stressors or reduce this impact to a minimum.

Stress can cause severe health problems and, in extreme cases, can cause death. While these stress management techniques have been shown to have a positive effect on reducing stress, they are for guidance only, and all people should take the advice of suitably qualified health professionals if they have any concerns over stress-related illnesses or if stress is causing significant or persistent unhappiness. Health professionals should also be consulted before any major change in diet or levels of exercise.