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Stress busters that could add years to your life by C.M.Sundaram

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STRESS MANAGEMENT

Stress symptoms include manifestations in the realm of mental, social and physical plane.

Practical symptoms include headache, increased/decreased appetite, oversleeping, helplessness, crying unnecessarily and persistent unease.

Anything that causes a physical, chemical emotional, psychological disturbance or leading to an imbalance of normal activity and leading to mental unrest can be called as stress.

ASSESSMENT OF STRESS

A study on the diet, attitude, work -schedule, activity, support systems, social skills sleep pattern , food habits and relaxation undertaken are some of the parameters that can be used to estimate the level and impact of stress in an individual.

Various triggers act on the body and the effect of this leads to various reactions known as physical stress. When a surgical knife cuts the body physical stress is experienced.

When the mind is affected mentally leading to an imbalance in emotions or a display of emotions inappropriate to the situation, then such a person is undergoing what is known as emotional stress. Emotional stress differs from person to person and the situations involved.

When a person experiences difficulties in handling relationships - at home, at office or in his personal domain, he is said to experience social stress.

Stress at home creates fissures in the relationship, stress at the workplace causes reduction in productivity and stress in the public sphere leads to loss of friends.

Stress at home creates conflicts and misunderstanding, stress at work can lead to loss of jobs and litigation and stress in the outside world leads to loss of face and social standing.

While elimination of stress is unrealistic, one must work towards handling and managing it which is ideal and within one's power.

Relaxation techniques like yoga, meditation, effective time management skills, individual or group therapy and working toward the right kind of lifestyle are some of the ways to handle stress.

The management of stress involves an attitudinal change and a certain degree of change brought in handling tension (control and reduction) by making some physical and emotional changes.

Some very simple helpful stress busters can prove helpful -

1) Breathe slowly and deeply

Breathing is the very being of life. Rectification of wrong breathing and incorporation of yoga, meditation under a trained eye is helpful.

2) Always practice speaking slowly than normal speed.

Sometimes speaking fast ends in loss of energy and in an inability of the intended message to reach the other, which activity can slowly build up stress. Moderate your fast pace, lower your speeds of speech which is less taxing to the body.

3) Do a posture check at regular intervals

Wrong postures have proved to be silent killers. Constantly having an upright sitting posture and adopting right posture for other positions that your frequently use or get into helps you greatly reduce the stress.

4) Learn to appreciate and reward yourself on a daily basis.

Such simple things bring about tremendous benefits. In addition to being a stress reliever, it improves the self worth of the individual.

5) Take brief out-doors breaks.

It always helps to take a quick out-door break. This exercises you, activates your joint-motors, gives relief to the eyes, and energizes you in a way that is relaxing and stress reducing.

6) Incorporate a time-management schedule.

Lack of planning leads to crisis situations where suddenly you find a great deal of work has piled up and has to be completed in a short span of time. Planning the work and executing the plan (time-management schedule) helps you to know where you are at each stage of the work and reduces stress considerably.

7) Must learn to LET GO

Holding on to things, ideas and anything including people - leads to building a pressure chamber within oneself which destroys with thinking ability and explodes into stress. It would be much wiser to simply LET GO. This may not only give relief but release a whole new energy and help you to move on to the next higher plane.

8) Eating small but nutritious food at regular intervals and drinking a lot of water must be part of your daily diet.

Long gaps in food intake and taking of unwholesome or non-nutritious food fuels you with very less energy or depletes your existing energy storage. A healthy nutritious diet in small quantities keeps your glandular secretions busy, prevents ulcers and helps eliminate the stress.

These are some of the simple, yet effective that could not only relieve your stress but catapult you into a whole new winning roller coaster. HAPPY STRESS BUSTING

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