



What is Stress? How to Deal with it?

(*Y.D. Haritha)

Human Development and Family Studies, College of Community Science, Acharya
N.G. Ranga Agricultural University, Andhra Pradesh

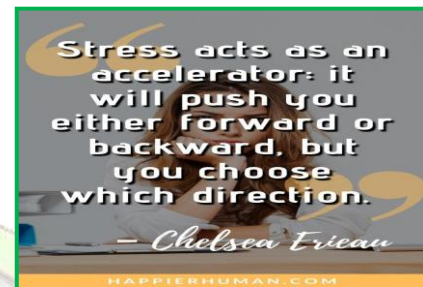
*Corresponding Author's email: haritha.honey12@gmail.com

Stress is a normal human reaction that happens to everyone. In fact, the human body is designed to experience stress and react to it. When individual experience changes or challenges (stressors), he/she body produces physical and mental responses.

Stress responses help the body adjust to new situations. Stress can be positive, keeping us alert, motivated and ready to avoid danger. For example, if you have an important test coming up, a stress response might help your body work harder and stay awake longer. But stress becomes a problem when stressors continue without relief or periods of relaxation.

For women juggling many responsibilities, it might seem difficult to find time to adequately manage stress. People with high stress levels may try to manage their stress in unhealthy ways, such as over- or under-eating, drinking alcohol, or lying around the house. The good news is there are effective ways to manage stress. Here are seven smart ways to help you cope:

1. **Track the stressors.** Use a journal to identify which situations create the most stress and how you respond to them. Record your thoughts, feelings, and information about the environment, including the people and circumstances involved, the physical setting, and how he/she reacted. Taking notes can help person find patterns among the stressors and the reactions to them so that he/she can develop a plan to manage the stress.
2. **Set limits.** List the projects and commitments that are making you feel overwhelmed. Identify which commitments are priorities and cut back on anything nonessential. Refrain from accepting any more commitments until he/she feel persons stress is under control. Setting limits on nonessential obligations is important to lessening chronic stress.
3. **Tap into the support system.** Reach out to family or friends. The friends or family members may have tackled similar challenges and have useful ideas and perspectives. There is no need to face challenging life circumstances alone. In fact, support from family or friends may help you start and continue to take better care of yourself.
4. **Make one health-related commitment.** Do what you can to boost your health so that you have the energy and strength to tackle the challenges you are facing. One small step, like cutting back on excessive snacking, can have a positive effect. Similarly, a brisk walk or other aerobic activity can increase your energy and concentration levels and lessen feelings of anxiety. Physical activity increases your body's production of good-feeling endorphins and decreases the production of stress hormones.



5. **Manage the devices.** People who report constantly checking email or social media typically report more stress. Give yourself a break over the weekend and in the evenings. Put your phone to bed before you go to bed.
6. **Enhance the sleep quality.** Women who are chronically stressed often suffer from lack of adequate sleep and, in some cases, stress-induced insomnia. Begin winding down an hour or two before you go to sleep and engage in calming activities such as listening to relaxing music, reading an enjoyable book, or practicing relaxation techniques like meditation.
7. **Seek additional help.** If he/she continue to feel overwhelmed or are having trouble getting through your daily routine, seek help from a licensed mental health professional, such as a psychologist. Psychologists are trained to help individuals to develop strategies to manage stress effectively and make changes to help improve the overall health.

Conclusion

Some stress relief techniques can work in just a few minutes to calm the body's stress response. These techniques offer a "quick fix" that helps person feel calmer at the moment, and this can help in several ways.

When your stress response is not triggered, you may approach problems more thoughtfully and proactively. Individual may be less likely to lash out at others out of frustration, which can keep the relationships healthier. Nipping the stress response in the bud can also keep he/she from experiencing chronic stress.

Quick stress relievers like breathing exercises, for example, may not build the persons resilience to future stress or minimize the stressors that individual face. But they can help calm the body's physiology once the stress response is triggered.

