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What is Stress?



$$S = P > R$$

- Stress occurs when the pressure is greater than the resource

- Stress is 'Wear and Tear' that our minds and bodies experience
- as we attempt to cope
- with our continually changing environment

How do you Feel when you are stressed?



- Worry
- Frightened
- Irritable
- Tense
- Tired
- Depressed
- Anxious
- Elated

CAUSES OF STRESS

- External
- Internal

EXTERNAL CAUSES OF STRESS

- Physical environment
- Social interaction
- Organizational
- Major life events
- Daily hassles



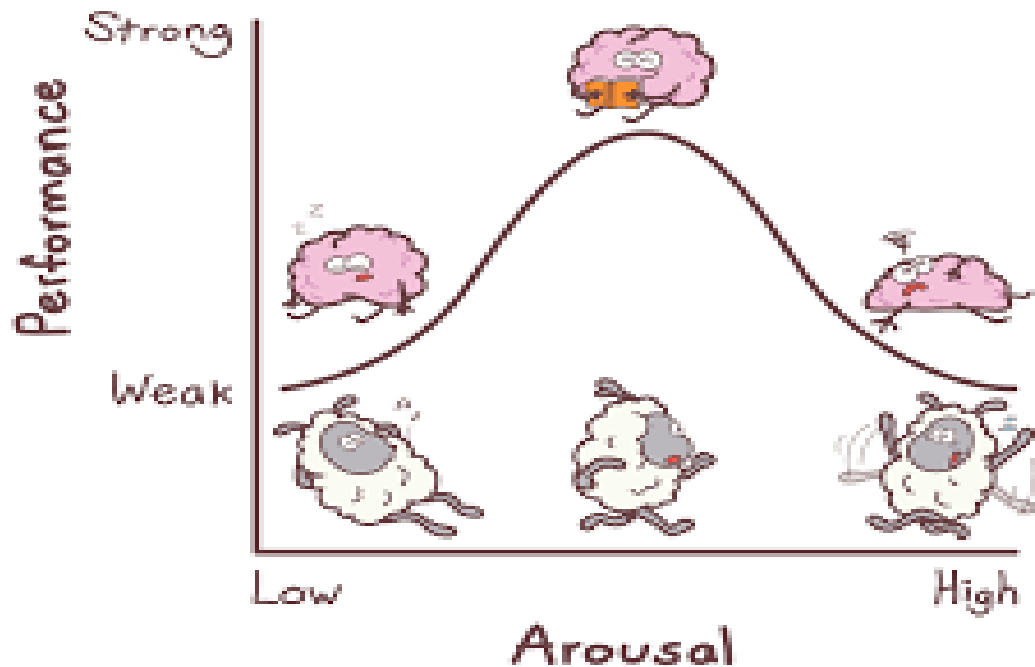
INTERNAL CAUSES OF STRESS

- Lifestyle choices
- Negative self- talk
- Mind trap
- Personality traits



TYPES OF STRESS

- Positive stress (Eustress)
- Negative stress (Distress)



POSITIVE STRESS

- Has a positive effect
- Spurs motivation & awareness
- Stimulates to cope with challenging situations
- Improves performance
- Feels exciting
- Energizes us

NEGATIVE STRESS

- Outside of coping abilities
- Feels unpleasant
- Decreases performance
- Contributing factor in various illness like headaches, digestive problems, sleeplessness, skin problems, etc.

BURNOUT

- Excessive negative stress
- For long duration
- Results in harmful mental, physical and spiritual health
- Complete exhaustion



THE INDIVIDUAL

- Unique perceptions
- Unique experiences
- unique coping mechanisms

MOST STRESS IS 'SELF
GENERATED'

THE STRESS RESPONSE

- “Flight/ fight response”
- Controlled by endocrine system
- Any form of demand from the mental or physical systems results in release of hormones : adrenaline, cortisol, testosterone



GENERAL ADAPTATION SYNDROME

- Alarm response
- Adaptation phase
- Exhaustion phase

SYMPTOMS OF STRESS

- Physical
- Mental
- Behavioural
- Emotional

STRESS RELATED ILLNESS

- Cardiovascular
- Immune system
- Asthama
- Digestive problems
- Headaches
- Depression
- Panic attacks

WHY MANAGE STRESS?

Stress affects emotional, physical, social equilibrium. It narrows ones ability to think clearly, function effectively & enjoy life.

Stress management helps in attaining a balance life with time for work, relationships, relaxation & fun alongwith resilience to hold up under pressure & meet challenges head on.



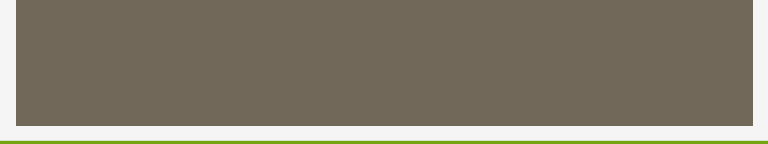
HOW TO MANAGE STRESS?

- Identify the source of stress.
- Types of stress-
 1. Major Stress
 2. Chronic Stress

Chronic stress can be more complicated.

HOW TO IDENTIFY TRUE SOURCES OF STRESS

- Look at your habits, attitude & excuses.
- Do you explain away stress as temporary.
- Do you define stress as an integral part of your work/ home life?
- Or you blame it on your personality?
- Do you blame your stress on other people?



ACCEPT RESPONSIBILITY

STRESS JOURNAL



WHAT CAUSED YOUR STRESS	HOW U FELT, PHYSICALLY & EMOTIONALLY	HOW YOU ACTED IN RESPONSE TO STRESS	WHAT YOU DID TO MAKE YOURSELF FEEL BETTER		

REPLACE UNHEALTHY COPING STRATEGIES WITH HEALTHY ONES

- Withdrawing from friends and family
- Procrastinating
- Zoning out for hours looking at your phone
- Filling up every minute of the day to avoid facing problems
- Sleeping too much
- Taking out your stress on others
- Drinking, Smoking, Taking drugs



FOUR A's OF Stress Mgx

- AVOID
- ALTER
- ADAPT
- ACCEPT

AVOID

- Learn to say “NO”
- Avoid people who stress you out
- Take control of your environment
- Pare down your ‘to-do’ list



ALTER the situation

This involves changing the way you communicate and operate in your daily life.

- Express your feelings instead bottling them up
- Be willing to compromise
- Create a balanced schedule



ADAPT to the stressor

This involves changing your expectation & attitude.

- Reframe problems, have a positive perspective
- Look at the big picture
- Adjust your standards, be ok with 'good enough'
- Practice gratitude



ACCEPT

the things you can't change

- Don't try to control the uncontrollable
- Look for the upside
- Learn to forgive
- Share your feelings

GET MOVING PHYSICAL ACTIVITY

- Put music & dance around
- Take your dog for a walk
- Walk or cycle to work
- Use the stairs at home or work rather than an elevator
- Play some activity games with your kids

BEST is regular exercise for 30 mins or more=
endorphins



CONNECT TO OTHERS

- Spending quality time with someone
- These people don't have to fix your stress
- Have a network of friends



Tips for building relationships

- Reach out to a colleague at work
- Help someone else by volunteering
- Have lunch or coffee with a friend
- Ask a loved one to check in with you regularly
- Accompany someone to the movies or a concert
- Call or email an old friend
- Go for a walk with a workout buddy
- Schedule a weekly dinner date
- Meet new people by taking a class or joining a club
- Confide in a clergy member, teacher, or sports coach

MAKE TIME FOR FUN & RELAXATION

- “ME TIME”- A NECESSITY
- Set aside leisure time – to take a break from all responsibilities & recharge
- HOBBY
- Keep the sense of humour- ability to laugh at yourself
- Relaxation techniques- yoga, meditation, deep breathing



Develop a "stress relief toolbox"

- Go for a walk
- Spend time in nature
- Call a good friend
- Sweat out tension with a workout
- Write in your journal
- Take a long bath
- Light scented candles
- Savor a warm cup of coffee or tea
- Play with a pet
- Work in your garden
- Get a massage
- Curl up with a good book
- Listen to music
- Watch a comedy

TIME MANAGEMENT

- Don't over commit yourself
- Prioritize tasks
- Break projects into small stress
- Delegate responsibility



MAINTAIN BALANCE WITH A HEALTHY LIFE STYLE

- Eat healthy
- Reduce caffeine and sugar
- Avoid alcohol, cigarettes, and drugs
- Get enough sleep



TAKE HOME MESSAGE



Thank you.

