

Stress Management

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Stress Management

General Awareness

- *Definition*
- *Stress feelings*
- *Stress related Illness*
- *Types of Stressors*
- *Types of Stress*



DEFINITION

$$S = P > R$$

Stress occurs when the pressure is greater than the resource

STRESS FEELINGS

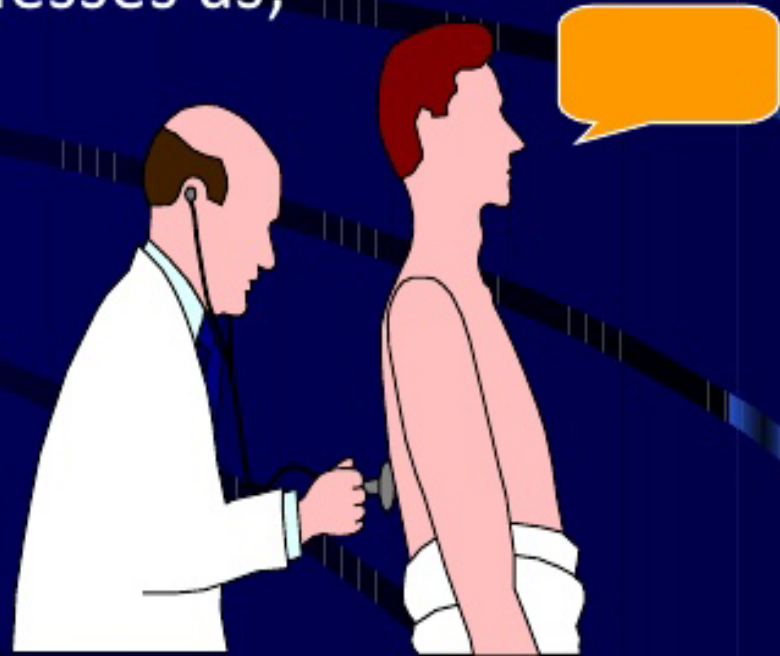
- Worry
- Tense
- Tired
- Frightened
- Elated
- Depressed
- Anxious
- Anger



STRESS RELATED ILLNESSES

Stress is not the same as ill-health, but has been related to such illnesses as;

- Cardiovascular disease
- Immune system disease
- Asthma
- Diabetes



- Digestive disorders
- Ulcers
- Skin complaints - psoriasis
- Headaches and migraines
- Pre-menstrual syndrome
- Depression



TYPES OF STRESSORS

- External
- Internal

EXTERNAL STRESSORS

- Physical Environment
- Social Interaction
- Organisational
- Major Life Events
- Daily Hassles



PHYSICAL ENVIRONMENT

- Noise
- Bright Lights
- Heat
- Confined Spaces



SOCIAL INTERACTION

- Rudeness
- Bossiness
- Aggressiveness by others
- Bullying



ORGANISATIONAL

- Rules
- Regulations
- Deadlines



MAJOR LIFE EVENTS

- Birth
- Death
- Lost job
- Promotion
- Marital status change



DAILY HASSLES

- Commuting
- Misplaced keys
- Mechanical breakdowns



INTERNAL STRESSORS

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



LIFESTYLE CHOICES

- Caffeine
- Lack of sleep
- Overloaded schedule



NEGATIVE SELF - TALK



- Pessimistic thinking
- Self criticism
- Over analysing



MIND TRAPS

- Unrealistic expectations
- Taking things personally
- All or nothing thinking
- Exaggeration
- Rigid thinking

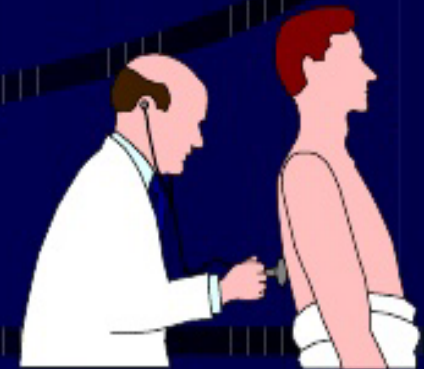


TYPES OF STRESS

- Negative stress
- Positive stress



NEGATIVE STRESS



It is a contributory factor in minor conditions, such as headaches, digestive problems, skin complaints, insomnia and ulcers.

Excessive, prolonged and unrelieved stress can have a harmful effect on mental, physical and spiritual health.



POSITIVE STRESS

Stress can also have a positive effect, spurring motivation and awareness, providing the stimulation to cope with challenging situations.

Stress also provides the sense of urgency and alertness needed for survival when confronting threatening situations.

Cultivate Extreme Resilience to
Eliminate Stress Forever

Major categories that causes for Stress

- Financial matters
- Relation ship matters
- Children
- Business & Career
- external Stuff
- Health
- Too much to do
- I am not there where I want to be
- Personality Traits(Perfectionists ,Workholics)

- *Having rigid idea*

We have a rigid idea that is how my life should be and this is how universe should treat me. But the universe is not playing ball with you.

Ex: idea about your financial security, Relationships

- *Attempt to control your environment*

your life has a endless quest to have control over some part of Your surroundings. But it is a illusion of control.

Causes for Stress

- “ME”- Centred Attitude
- Goal Oriented rather than Journey Oriented
- Mental Chatter
- Mental Chatter is an internal monologue that we have going on on our head all the time.
An artificial life is constructed with your mental chatter.

Pre occupied Mental models

Mental model is the notion that this is the way the world works and you more believe in your model and build a silo around which dictate your life.

Reasons for Negative Thoughts

- Negative Thoughts (Regret from past, unsatisfactory of present worry about future
- Having own filter of our own Experience
- Always focusing on Negative points
- Labelling other people
- Guilt Feeling
- illogical thinking

EMOTIONS

Something +Non acceptance=
Negative emotions

- ANGER
- Fear
- Jealous
- hatredness

Some thing +acceptance=positive
emotions

- TOLERANCE
- Adventure
- Inspiration
- Forgiveness

STRESS CONTROL

A B C STRATEGY

ABC STRATEGY

A = AWARENESS

What causes you stress?

How do you react?

ABC STRATEGY

B = BALANCE

There is a fine line between positive /
negative stress

How much can you cope with before it
becomes negative ?

ABC STRATEGY

C = CONTROL

What can you do to help yourself combat the negative effects of stress ?

Coping mechanism

- Ready to face uncertainty
- Use filter for your clarity of thoughts
- be optimistic
- Avoid Guilt Feeling
- Reframe your mind with compassion and love.
- Don't be Reactive but try to Respond(try to choose right response)
- Don't blame others/situations& Think logically.
- Don't try to control others/situations/life.
- Try to understand the person.
- Don't be judgemental.
- Be grateful and compassionate
- Maintain Positive Emotions

Coping mechanism

- Filter your negative thoughts
- Glad game
- Fortune telling
- Bad brain habits
- Enjoy the journey
- Feed your positive thoughts
- Ventilation
- Good humour
- Diversion and Distraction
- Change your life style(Diet,Sleep,Exercise,Relaxation)

Time Management

Time Management

1. Time Management is not a peripheral skill but it is a core skill
2. Important Techniques for Time Management
3. Prepare do list and not to do list
4. Wakeup 30Minutes early every day
5. Set up your Goals
 - a. Short term Goals
 - b. Long term Goals
 - c. Family and Personal Goals
 - d. Business and Carer Goals
 - e. Personal Development Goals
6. Prepare a plan to execute your work to achieve the Goals
7. Delegate work to your subordinates and or peer groups
8. Develop Good working habits

Four Working good habits which will help Prevent Fatigue and Worry

1. Clear your Desk of all Papers except those relating to the immediate problem at hand.
2. Do Things in the Order of their Importance.
3. When you face a problem, solve it then and there if you have the facts necessary to make a decision. Don't keep putting off decisions.
4. Learn to Organize, Deputize and Supervise

	Urgent	Not Urgent
Important	I Activities Crises Pressing Problems Dead Line Projects	II Activities Relationship Building New Opportunities Planning & Recreation
not Important	III Activities Some calls & mails, reports Meetings Popular Activities	IV Activities Some Phone calls Time wasters Pleasant Activities



Time Management

- Make a list

What MUST be done

What SHOULD be done

What would you LIKE to do

- Cut out time wasting
- Learn to drop unimportant activities
 - Say no or delegate

Past is History

Future is Mystery

Present is Gift

Utilize your time wisely

Stress Management Techniques



- Change your thinking
- Change your behaviour
- Change your lifestyle



Put Stress in Its Place

- How you handle stress makes a big difference in how you feel. It might even help your blood pressure, blood sugar level, and the rest of you. Use these calming strategies to stop stress ASAP.



Get Outside

- Spending time outdoors, even close to home, is linked to better well-being. You're in a natural setting, and you're usually doing something active, like walking or hiking. Even a few minutes can make a difference in how you feel.

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Smile Like You Mean It

- Be a happy man
- Don't roll your eyes the next time someone advises you to "grin and bear it." In times of tension, keeping a smile on your face – especially a genuine smile that's formed by the muscles around your eyes as well as your mouth – reduces your body's stress responses, even if you don't feel happy. Smiling also helps lower heart rates faster once your stressful situation ends.



Sniff Some Lavender

- Certain scents like lavender may soothe. In one study, nurses who pinned small vials of lavender oil to their clothes felt their stress ease, while nurses who didn't felt more stressed. Lavender may intensify the effect of some painkillers and anti-anxiety medications, so if you're taking either, check with your doctor before use.



- Listen Music
- Heading into a stressful situation? Music can help you calm down. In one study, people had lower levels of the stress hormone cortisol when they listened to a recording of Latin choral music before doing something stressful (like doing math out loud or giving a speech) than when they listened to Music that improves cortisol hormone levels.



Reboot Your Breath

- Feeling less stressed is as close as your next breath. Focusing on your breath curbs your body's “fight or flight” reaction to pressure or fear, and it pulls your attention away from negative thoughts. Sit comfortably in a quiet place. Breathe in slowly through your nose, letting your chest and lower belly rise and your abdomen expand. Breathe out just as slowly, repeating a word or phrase that helps you relax. To reap the most benefit, repeat for at least 10 minutes.



Be Kind to Yourself

- We all have a constant stream of thoughts running through our heads, and sometimes what we tell ourselves isn't so nice. Staying positive and using compassionate self-talk will help you calm down and get a better grip on the situation. Talk to yourself in the same gentle, encouraging way you'd help a friend in need. "Everything will be OK," for instance, or "I'll figure out how to handle this."

Write Your Stress Away

- Jotting down your thoughts can be a great emotional outlet. Once they're on paper, you can start working out a plan to resolve them. It doesn't matter whether you prefer pen and notebook, a phone app, or a file on your laptop. The important thing is that you're honest about your feelings.



Tell a Friend

- When you're feeling overwhelmed, seek out the company of a friend or loved one. Have a friend who's dealing with the same worries as you? Even more reason to open up. You'll both feel less alone.



Get Moving

- When you work up a sweat, you improve your mood, clear your head, and take a break from whatever is stressing you out. Whether you like a long walk or an intense workout at the gym, you'll feel uplifted afterward.



Thumb rules to stop worrying and start living

- **Shut the iron doors on the past and future. Live in present time.**
- **See the funny side of life.**
- **Keep busy. The worried person must lose himself in action.**
- **Do the very best you can.**
- **Count your blessings – not your troubles.**
- **Forget yourself by becoming interested in others.**
- **Every day try to do a good deed that will put a smile of joy on someone's face.**

*Stop worrying.....
Enjoy Life....*

Thank You

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