

Stress management at Work Place

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Stress

- Definition:

- State of tension that arises when you experience demands from your environment or from inside yourself

Can be a real OR perceived threat





Stress Happens!!

•Stress is a normal part of life,
especially during changes in life:

- Childhood
- Adolescence
- Young adult
- Marriage
- Parenthood
- middle age
- aging
- Injury
- Moving
- Death of a loved one
- Divorce
- Retirement
- Pregnancy
- Beginning or ending formal schooling

To test the stress in you life due to life events go to:

<http://www.stresstoughness.com/lifeevents.htm>

Our Body's Design

- ▶ Our bodies are uniquely designed to handle stress.
- ▶ When presented with a threatening situation it is our most basic survival instinct to either:
 - ▶ Engage in a fight
 - ▶ Or run for our lives
- ▶ This is what is known as the “fight or flight” response



During Fight or Flight

- Adrenaline is secreted from the kidneys
- Cortisol (a hormone) is released providing bursts of energy
- The heart suddenly beats faster
- Breathe rate and blood pressure increase
- Blood sugar is released into the bloodstream
- Hearing and sight are enhanced
- Digestive system and urine production slow to divert blood to more critical areas, such as the brain and muscles



It makes us able to fight or run, **BUT...**

- ▶ Has some side effects that deteriorate our health
 - ▶ increased blood pressure
 - ▶ Decreased immune function
 - ▶ Several important functions of the body are interrupted





Over time this can result in:

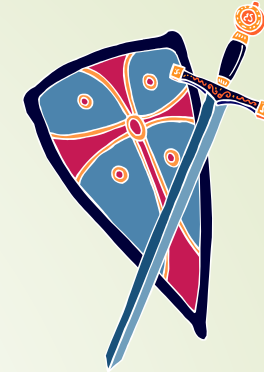
- Headaches
 - Asthma
 - Hypertension
 - Ulcers
 - Low back pain
 - Heart disease
 - Stroke
 - Upper respiratory infections
 - Difficulty thinking clearly
 - Depression
 - Anxiety
 - Drug abuse
 - Mental illness
 - Higher risk for suicide
 - Addictive disorder
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What can we do to prevent this?

- Fix the fixable
- Accept the inevitable
- Protect yourself from the physical affects



Protect Yourself

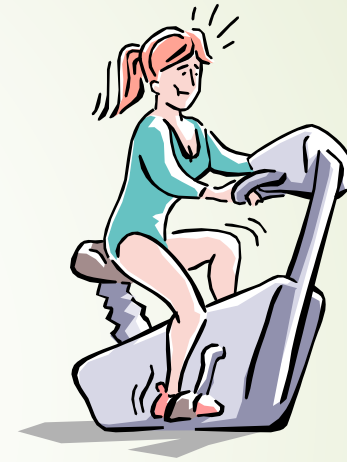


- Whether it is a stressor that you can change or one you cannot it is imperative that you practice techniques that prevent the stress response from taking over your body.
- Several techniques can be used to decrease your bodies response to stress

Exercise

Exercise boosts endorphins which in turn can

- Put us in a better mood
- Give us more energy
- Reduces anger
- Improves mental alertness



Stretching

- Several stretches can be done at your desk
- Tilt head to the left and hold
- Tilt head to right and hold
- Reach arms over the head and interlace fingers



Progressive Muscle Relaxation

- While sitting or lying down, tense the muscles of your feet (curling your toes) as hard as you can.
- Then relax them.
- Do this once or twice for each part of the body
- Continue this process for each muscle group all the way up your body until you reach your head.
- When finished remain relaxed for a few minutes

Deep Breathing

- Breathe in deeply and slowly.
- Focus on the air moving in your nose, down your neck into your chest and feel your belly push out. Hold your breath for a few seconds.
- Now exhale slowly. First feel your belly contract in towards your spine, then feel the air move through the chest, up the neck, and through your mouth.
- Visualize stress leaving your body



Meditation

- Close your eyes and mentally follow the air in and out of your body. As you exhale mentally repeat a soothing word like “Peace”

Or

- Visualize a peaceful scene
- Do this for 5 to 30 minutes



Get a Massage from yourself or from a professional

Self-Massage

- Sit with your shoulders relaxed
- Use your right hand to massage you left shoulder and neck, working your way up to the scalp
- Repeat with left hand for right shoulder



Laugh!!

- Find ways to add laughter in your life
 - Buy tapes of comedians you like and listen to them during your commute or whenever you need a boost.
 - Read joke books or funny books
 - Watch your favorite comedy on television
 - Buy movies that are sure to make you laugh
 - Don't take yourself too seriously



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Thank You