

Stress Management

Presented by

Ms. S. L. Mashirkar

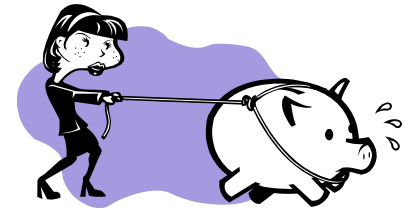
What Is Stress

Researchers define stress as a physical, mental, or emotional response to events that causes bodily or mental tension. Simply put, stress is any outside force or event that has an effect on our body or mind.

Stress is the body's automatic response to any physical or mental demand placed on it. Adrenaline is a chemical naturally produced in our body as a response to stress .

Stressors

- School
- Work
- Family
- Relationships
- Legal
- Finances
- Health/illness
- Environment



Signs/Symptoms of stress

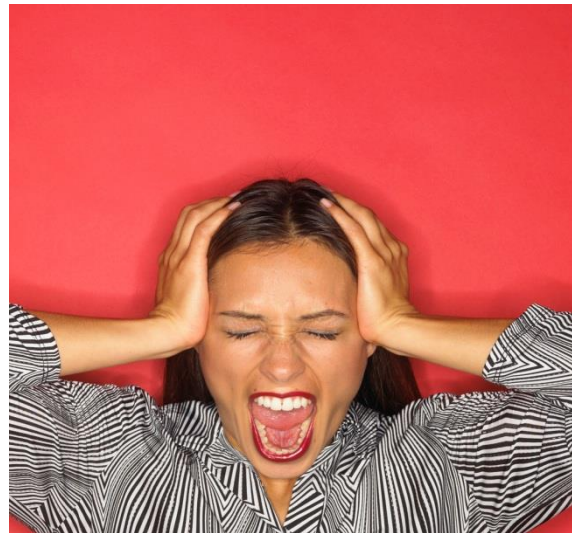
Common Physical symptoms of stress can include:

- Rapid heartbeat.
- Headache.
- Stiff neck and/or tight shoulders.
- Backache.
- Rapid breathing.
- Sweating and sweaty palms.
- Upset stomach or diarrhea.
- Sleep trouble.



Common Mental symptoms of stress include:

- Irritability
- Intolerance
- Short Temper
- Lack of concentration
- Frustration
- Increasing Errors
- Poor Decision Making



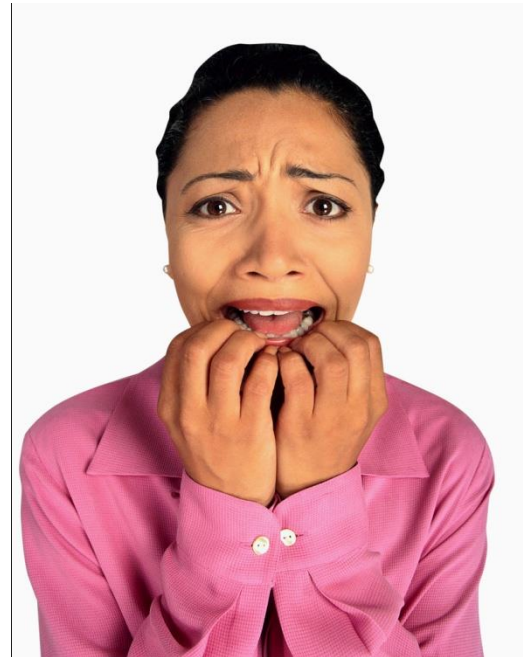
Negative Effects of Stress

1. Physical

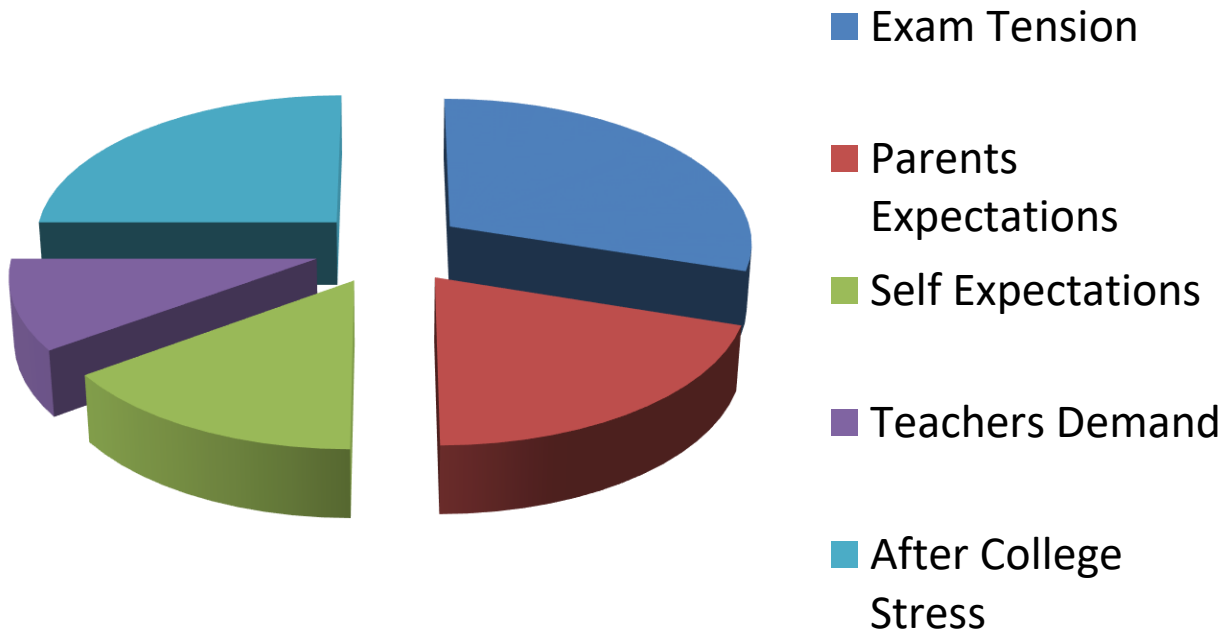
- Weight gain/loss
- Unexpected hair loss
- Palpitations
- High blood pressure

2. Emotional

- Mood swings
- Anxiety
- Can lead to depression
- Can also lead to unhealthy coping strategies (i.e. alcohol, drugs, etc)



Sources of Stress



Addiction Due To Stress By Engineering Students

- Smoking
- Drinking
- Drugs/Pain Killers
- Gambling
- Facebook / Whatsapp /Internet

Stress Management Techniques

- Stress Relief Strategies
 1. Body relaxation exercises
 - breathing techniques
 - dancing
 - listening music
 - laughing therapy
 2. Physical exercise
 - yoga
 - work out routine
 3. Meditation
 4. Counseling
 - talk therapy
 - life coaching
 5. Temple/Church



Other Helpful tips

- Changing perceptions and expectations
- Break jobs/tasks into manageable parts
- Set reasonable/realistic goals
- Avoid delays/alcohol/smoking
- Set boundaries
- Don't compromise your values/beliefs
- Set Schedule / time management/Set Goals
- Eat nutritiously/Eat a little every couple of hours / Eat slowly
- Focus on present/Forget past

Stress Management Process

Identify and Prioritize
Sources of stress in Your Life



Identify Stress Management
Technique



Create Stress Management
Plan

Conclusion

In Conclusion, make a commitment to yourself to change the situation(s) causing you stress, seek new and different ways to cope with the daily stresses and attempt to become more efficient so that you may foresee what stresses may arise and possibly, avoid them.

P C Mustafa(ID Express),Colonel Sander(KFC),Amitab Bacchan and many more are very good examples who succeeded after Failure

IMPOSSIBLE

I M POSSIBLE

THANK YOU