Stress management - is it possible?

Your Name (First M. Last)

School or Institution Name (University at Place or Town, State)

**Stress management - is it possible?**

Stress management include numerous of strategies and treatments used for keeping an individual's dimensions of pressure in check, particularly stress as a result of chronic pressure, induced on a daily basis to aid to everyday tasks.

Overtime, research has tried to identify numerous reasons behind stress induction and ways in which they can reduce its impacts on physical and psychological wellbeing of individuals. Numerous researchers in this lieu, have identified stress management techniques and strategies to address this issue. For this purpose, this assignment also aims to highlight the underlying fundamental issues, questions, and management techniques related to the topic which may help in stress administration and reduce its negative impacts on human health.

# Discussion

Research over the issue has shown that to ensure efficacy in stress management, one needs to first identify the reason behind stress. emotions like stress are signs to enable us to perceive issues. Stress hormones help us battle or-escape when we are at risk. Be that as it may, our body's pressure reaction can turn into an issue when it continually flags risk about issues that aren't really a danger, or it develops to the point of overpowering our wellbeing, prosperity or unwavering discernment. Stress becomes this threat by keeping the body in a constant state of awareness and fear causing severely negative impacts on our mental and physical health. Stress management consists of techniques, practices and psychotherapies that help individuals to reduce the levels of stress, depression and anxiety. It could be a treatment for chronic as well as mild stress victims, which might change into something devastating if not paid attention to.

Nowadays life becoming complex and technical in all of the fields like school, college and workplaces. So stress is also a part and parcel of peoples’ everyday lives now. School and college life are also becoming complex because of extra pressure and lots of competition between students. While, workplace is becoming stressful due to lots of pressure on employees; same case can also happen often in families owing to excessive demand, crisis of ego and understanding and for many more. So, it is crucial to practice stress management since our brain deserves more than to be stacked down with the ceaseless cycle of stress. Some pressure can be advantageous and may prompt real critical thinking, yet a great deal of our pressure is pointless and even destructive. An unusual extent of stress will lead to severe wellbeing outcomes, affecting the “cardiovascular and neuroendocrine, immune and focal sensory systems” and take an extreme mental as well as physical toll. (Matteson & Ivancevich, 1987)

Untreated and ceaseless stress can cause other mental problems like “nervousness, sleep deprivation, muscle pain, hypertension and a debilitated resistant framework”. Literature on stress shows that it can lead to an immense increase in various ailments like “coronary illness, wretchedness and corpulence”. (Matteson & Ivancevich, 1987)

Nonetheless by inducing sound approaches to oversee stress, a considerable lot of these undesirable health consequences can be weakened. Each person is unique, as are the manners in which they choose to address their problems. For some people, a change of mind can help escalate the situation, for example, “cultivating, playing music and making craftsmanship, while others discover help in increasingly single exercises: contemplation, yoga and strolling.” (Burlow, 1987)

There are some promising stress releasing methods that researchers have witnessed to help lessen stress and worry in the short-and long haul. For example, taking a break from the stressor.At first it may seem difficult to let the control of things go, but only the people who are bold enough to step away from their issues, let themselves have the energy and space to achieve their goals efficiently and look at things from another angle making the stressors overpowered.

Another effective technique is exercising. Medical research continually emphasizes the importance of exercise as it benefits the mind just as well as body. The advantages of an ordinary exercise routine are innumerable. However, according to (Quick et al., 1997) “even a 20-minute walk, run, swim or move session amidst a distressing time can give a prompt impact that can keep going for a few hours.”

Another system is to laugh wholeheartedly and enjoy things. Our cerebrums are unified with our emotional states and external physical appearances. So as any person worries or takes stress, their faces show intense toil and signs of lethargy. Along these lines, engagement in a laughter therapy session might assuage a big part of that strain.

Getting social help may be another valuable strategy. It assumes a big job in stress management literature since when one offers their uncertainties or sentiments with another person, it aids alleviate the strain. Be that as it may, it is imperative that the person whom you share your thoughts and concerns with is genuinely able to regard your feelings and guide you properly. Sharing one’s deepest concerns and worries with someone who might not regard them can yield out to be another cause of stress so one should always be wary of it.

# Conclusion

To conclude, Stress management is a phenomenon that helps counter all these diverse effects stated above. It generally involves procedures that help take the victim’s mind off stress, for instance, meditation, sharing, social support, exercise and all activities that induce positive thinking, cognitive therapy and conflict resolving techniques. Hence, it can be asserted that affective stress management is quite possible by implementing these few techniques in everyday life.

**References**

Quick, J. C., Quick, J. D., Nelson, D. L., & Hurrell Jr, J. J. (1997). Preventive stress management in organizations. American Psychological Association.

Matteson, M. T., & Ivancevich, J. M. (1987). Controlling work stress: Effective human resource and management strategies. Jossey-Bass.

Barlow, D. H. (2007). Principles and practice of stress management. Guilford Press.