

Stress Management

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What is stress?

“A Strong Psychological & Physiological Reaction in the body against unfavorable, difficult, threatening, confusing and unfamiliar situation arising out of perceived or real physical, technical, psychological, behavioral & attitudinal inability”.

Definition of stress by Dr Hans Selye

- **“The non specific response of the body to any demand made upon it.”**
- The demand can be a threat, a challenge, or any kind of change, which require the body to adapt.
- The response is automatic, immediate. Stress can be good when it helps us perform better, or it can be bad when it causes upset or makes us sick.

Body's Reaction to Stress

- The stress reaction results from an outpouring of adrenaline, a stimulant hormone into the blood stream. This, with other stress hormones, produces the number of changes in the body, which are intended to be protective.
- The result often is called "The flight-or-fight response" because it provides the strength and energy to either fight or run away from danger.
- The changes include an increase in heart rate and blood pressure (to get more blood to the muscles, brain and heart), faster breathing (to take in more oxygen), tensing of muscles (preparation for action), increased mental alertness and sensitivity of sense organs (to assess the situation and act quickly), increased blood flow to the brain, heart and muscles (the organs that are most important in dealing with danger) and less blood to the skin, digestive tract, kidney and liver (where it is least needed in times of crisis).
- In addition there is an increase in blood sugar, fats and cholesterol (for extra energy) and a rise platelets and blood clotting factors (to prevent hemorrhage in case of injury).

How stress harms us?

- When confronted with any threat to our safety or well being, we experience an immediate and vigorous alarm reaction.
- Arousal rises quickly to high levels results in many physiological changes that prepare our bodies for strenuous activity (either flight or combat) take place.
- This initial reaction is soon replaced by a second stage known as resistance. Here, activation remains relatively high, but drops to levels that are more sustainable over relatively long periods of time.
- If stress persists, the body's resources may become depleted and a final stage known as exhaustion occurs. At this point, the ability to cope (at least physically) decreases sharply, and severe biological damage may result if stress persists.

Understanding Stress

The Issues – Problem Concept

Understanding Stress

- Areas of Concern
- Areas of Influence

Understanding Stress

- Problem? No? Why to worry?
- Problem? Yes! Can you do something about it? Yes! Do it! Why worry?
- Problem? Yes! Can you do something? No! Why worry!

Understanding Stress

Good Stress & Bad Stress Graph

Understanding Stress

- JOHARI Window
- Hidden Self – Third Window

Understanding stress

- Important Urgent Model

Reasons of stress

- Procrastination
- Slow decision making
- Low risk taking
- Inertia
- Laziness
- Fear – No action – Stress
- No knowledge – Fear of unknown
- Carelessness – Casual Approach
- Personality Types – Psychological makeup
- Loneliness & hidden self – No sharing issues with others
- Health

Combating Stress

- Shout for help
- Ask
- Say "No" politely, refuse with honest reason
- Tell, share, talk, inform, listen
- Delegate
- Create your helping hand
- Build Team/ Good Relationships – Home & Work
- Power of "Now"
- Act fast- Be quick to respond
- Rule of pain
- Time deadlines – Routine life
- Get trained, practice, increase capability
- Be healthy- Reduce the impact on health
- Practice a hobby/good habit which gives you immense happiness
- Never Criticize anyone or anything
- Be ethical & spiritual (detached)

Combating Stress with SQ

- Yoga and Pranayam
- Follow your beliefs religiously
- Pray and share your concerns with God
- Follow Ethics – “What is right”
- Be high on integrity scale
- Practice Detachment
- Change your Attitude

Combating Stress - Final

- Sleep
- Physical Activity – Sports, Walking, Yoga, Exercise etc.
- Laugh Loudly

Enjoy Life at No One's Cost

Thanks & Best Wishes

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