**STRESS MANAGEMENT AND VARIOUS KIND OF STRESS RELIEF TECHNIQUE**

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***ABSTRACT*** *: Individuals are defined as any interference that disturbs a person’s healthy mental and physical well-being. According to Hans Sely* ***“The human body can not instantly rebuild its ability to copy with stress. As a result people become physically and psychologically weakened this condition is called burnout.”*** *Condition that to cause stress are called stressors are mainly or organization work place or non work natures main causes of non work stressors are increasing urbanization again population, changing gender roles, dissatisfied family life, unfair practices and uncertainties in environment. Main attributes (Symptoms) of stress are high blood pressure, nervousness, tension, chronic worry, inability to relax, exercise use of alcohol, sleep problems, non co operative feelings of inability, emotional instability, digestive problems etc types of stresses are social, individual a organizational. Several approaches are available for stress reduction. Among the important are: Social support, meditation, biofeedback and personal wellness, hypnosis relaxation techniques, behavioural self control, cognitive therapy, role clarity etc. Yoga’s and Vedanta’s Aayurved’s suggestion to some tips to reduce the stress at work place and at home. Every person may devlop his or her other way to reduce stress.*

***Key Words :- Stress Management, Stress relief techniques***

**INTRODUCTION : “Stress Management and Various kind of Stress Relief Technique”**

Stress is the general term applied to the pressures. People feel in life on certain occasion. We feel stress, stress in individual is defined as any interference that disturbs a person’s healthy mental and physical well-being. If long term stress are build it may result in incident of psychological disorders these psychological disorder could be panic attacks. Obsessive behaviours etc worries may also causes heart attacks. Stress management helps us to manage the stress so that may continue to achieve our goals without damaging health. Human certain their goals they will try to satisfy their all needs and achieve excellent there are many efforts to get their goal the stress. Stress is convert by psychosomatic disease and psychosomatic disease are create to maladjustment. Hence of the maladjustment man suffering in the stress so create venomcercle.

**DEFINITIONS :** “The human body can not instantly rebuild its ability it cope with stress as a result, people become physically weak & from trying to combat it this condition is called burnout.” – Hans Selye Stress is defined as an organism’s total response to environmental demands or pressures. When stress was 1st studies in the 1950 the term was used to denote both the causes and the experienced effects of these pressures more recently however the word stressor has been used for the stimulus that provokes a stress response. One recurrent disagreement among researchers concerns the definition of stress in

humanity is primary an external response that can be measures by changes in glandular secretion, skin reactions and other physical functions or is it an internal interpretation of or reaction to a stressor or is it both?

Stress is the body’s reaction to a change that requires a physical, mental or emotional adjustment or response.

High level of crime, noise and air pollution life expectancy is also increased this has affected the social and family structure too. The political, economical or even law and order uncertainty also causes stresses in the people. Stress affects physical as well mental harmony whenever there is some imbalance in either physical or mental performance this attributes to stress.

Problems of sleep, aggression, upsetting, apathy, withdrawal, regression, fixation, physical disorder and substitute goals irritation. Main (attributes) symptoms of stress are high blood pressure, nervousness, tension, chromic worry, inability to relax excessive use of alcohol, sleep problems, on co-operative attitudes, feeling of inability, emotional instability, digestive problems etc.

**CAUSES OF STRESS :** Now its can also be said that stressors are cause of stress conditions that tend to cause stress are called stressors. These two stressors are

1. Organization or work place stressors
* Work overload
* Time pressure
* Role conflict and ambiguity
* Difference between organization and employee values
* Charge of any type is specially when it is major or unusual
* Frustration
* Work environment

2 . Non work stressors

* Increasing urbanization
* Aging population
* Changing gender roles
* Dissatisfied family life
* Unfair practices
* Uncertainties in environment

**STRESS REDUCING TECHNIQUES :** They have three broad options prevent or control stress it. They include social support, meditation, biofeedback and personal wellness programmers.

1. **Social support** Some people experience stress because they are detached from the world around them. They lack warm interpersonal relationship individuals with a driving ambition and strong need for independents to friend and colleagues. To achieve their success they often sacrifice fulfilment of their social need this may result in anger. Anxiety and loneliness all producing stress in their lives.

Social support is the network of activities, interactions and relationship that provides to people with the satisfaction of support in a total network informational. Evaluative, emotion, sympathetically behaviour. Social support may come from friends, family etc. Play games, jokes or testing research suggests that when (especially emotional) they will experience lower stress.

1. **Meditation** Meditation involves quit concentrated inner thought in order to reset the body physically and emotionally it helps remove persons temporarily farm the stress full world and reduce their symptoms of stress. Transcendental meditation (T.M.) is one of the more popular practices. Transcendental meditations try to me dictate for two periods of fifteen to twenty minutes a day concentrating on the repetition of word called a mantra. These are a number of similar practices with other names such as yoga.

Usually they all the following common elements :

* Relatively quite environment
* A comfortable position
* A passive mental stimulus
* A passive attitude

I believe this is the best form of holistic exercise you can practice it is a personal, internal process with no external distraction. Through meditation you can heal yourself physically and psychologically. It enhances your immune your nerves, meditation is inspiring as well.

**Reiki** This also works on the principal transferring the energy. It involves the seven energy chakras of your body. Thought reiki you can pain and energy blocks in the body.

**Panic healing** Pran here means energy is the life force that keeps your alive energy is present in this universe in abundance. The source of this energy is the divine. A panic healer taps the free flowing energy in the universe and passed it on.

1. **Bio feedback** A different approach for working with stress is bio feedback by which people under medical guidance learn from instrument feedback to symptoms of stress such as in creased heart rate or server headaches. It was thought that people could not control their involuntary nervous system which in turn controls internal processes such as heartbeat, oxygen consumption, stomach acid flow and brain waves, control over these internal process and so bio feedback may be helpful in reducing undesirable effects of stress.
2. **Personal wellness** These are trend toward programmed of preventive maintenance for personal wellness that are based on research in behavioural medicine. Health care specialist can recommend changes life style such as breathing regulation muscle relaxation, positive energy, nutrition management, exercise to use more of their full potential the key to create better ‘fit’ between people and their environment. Used by wellness programme such as smoking, high blood pressure, high cholesterol free etc heal their foods, exercise regularly and use their seatbelts try to encourage everyone to develop healthier lifestyle.
3. **Behaviour self control**
* 15 to 20 minute relax your mind
* Before antecedents
* After consequences
* Avoid irrited unpleasant situation
1. **Cognitive therapy by clinical psychologists**
* Counselling had know about client’s nature physically, mentally limitation and aware to the counselees.
* Situation related person’s feeling sensitiveness, aggression are control by psychologist (Counsellor).
1. **Stress and Vedanta (Philosophy of Vedanta)**

Stress is agitation produced by unfulfilled desire. It is a purely internal phenomenon. Stress arises from unreasonable expectation and disappointments. Either a lack of assessment or an incurrent appraisal of person and environment leads to that situation.

 **SOME TIPS OF REDUCE THE STRESS :**

* Try to develop positive attitude, optimistic attitude.
* Provision of sports facilities, flexible time, health insurance. Regular medical checks help a lot.
* Critically evaluate change process try to offer minimum resistance if change is positive.
* Improve surrounding and workplace environment.
* Anticipate stressful events pre plan to face the situation with minimum stress.
* Critically study and analysis daily and annual work pattern of stress.
* Always arrange for feedback you need.
* Analyze stress cycle that is identify the time for high and low levels of stress.
* Effectively manage your time also has some leisure.
* Manage information and communication well.
* Try to manage your inner balance.
* When you want to say ‘NO’ don’t say ‘YES’.
* Make the provision for time to relax and welcome light moments.
* Try to see stress in others.
* Try to positively help others for good reasons.
* Be good in human relations.
* Spare some time for others.
* Have good friends.
* Develop some interesting hobbies.
* Learn to meditate perform “POOJA” if you believe. Relaxation reduces tension.
* Improve diet and physical exercise.
* Love nature wild life and children.
* Change your modern lifestyle.
* Change your habit costume.
* Use to good entertainment instrument.
* Develop healthy social relationship.
* Choose your occupation very carefully.
* Change the person’s mailing (alimony) style.
* Doing dally exercise.
* To make firmness, strongaly firmly your personality.
* Adopt distracted to have good or cordial releation in your.
* Take to increase nourishing (tonic) equilibrium.
* To provide career path and personal counselling.
* Goal role clarity.
* To have good cordial relation in your marriage ilfe and family life.
* Attachment to our nature.
* To be alive simplicity.
* Adopt disattached enamoured.
* Make to strong your willpower.
* To provide carrier guidance by special counsellor.
* Learning to detached affection.

 **REDUCE THE STRESS BY HYPNOSES**

Hypnosis is very useful method reducing by stress.

 Stress creates to psychosomatic disease. Digestion, migraine, phobias, asthma, bed wetting, obesity, habit disorder, peptic ulcer, high blood pressure arthritis, anxiety, depression problems, dentistry, labour pain, injuries, cancer, burns, anaesthesia, smoking, alcohol addicts all diseases are to create indirectly stress so by hypnoses method ewe managing stress and remaining relaxed.

 Problem solving power decision making power improved and achieve to self confidence, assertiveness getting , develop to maximum our potential control our thinking feeling, behaviour, emotion etc. Help boost the immune system reprogram our attitudes towards illness.

**DENSITIES THE APPROPRIATE TO THEIR STRESS INDUCING FACTOR:**

* Better learning skills, communication skills.
* Induce positive things and changing negative beliefs.
* Enhance creativity, develop to motivation, concentration.
* Increases efficiency, healthy mind.

**CONCLUSION :** Above topics certainly give the concept of stress. Stress can be either temporary or long term, mild or severe. This depends on how long its causes continue and how powerful they are. This is also depends on how strong the persons recovery powers are stress will probably affect all of us at some time in our lives. Hence we may not afford to ignore it. Stress management helps us to manage the stress so that may continue to achieve our goals without damaging health.

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