

Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya



Presentation write-up

On

STRESS MANAGEMENT

&

STRESS FREE LIVING

Submitted by

BK Nandani

Email- nandanigupta909@gmail.com

shastripuram.agr@bkivv.org

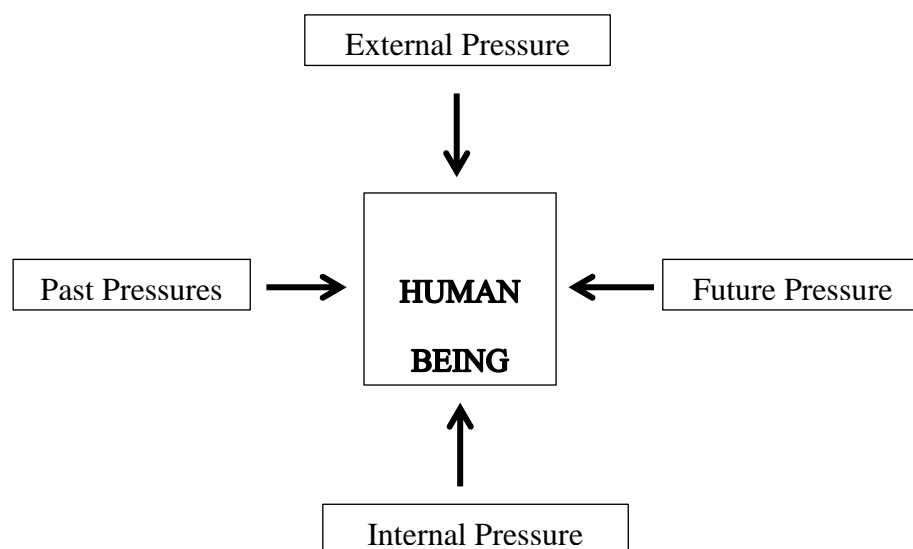
Mob.no. 9759664206, 9528167263

Headquarter- Mount Abu Rajasthan

Local Address- Agra Shastripuram

STRESS

There's no medical definition of stress, and health care professionals often disagree over whether stress is the cause of problems or the result of them. Stress is the emotional and physical strain caused by our response to pressure from the outside world. The generally accepted definition today is one of interaction between the situation and the individual. It is the psychological and physical state that results when the resources of the individual are not sufficient to cope with the demands and pressures of the situation. Thus, stress is more likely in some situations than others and in some individuals than others. Stress can undermine the achievement of goals, both for individuals and for organizations. Human beings are pressurized by different pressure such as external, internal, past and future pressure.



There are two types of stress such as:

1. Eustress (Positive stress) Ex. Getting a new job, being made a supervisor of others etc.
2. Distress (Negative stress) Ex. Filing for divorce, Hospitalization etc.

WHAT ARE THE CAUSES OF STRESS?

The triggers or stimuli that produce stress, positive or negative, are called **stressors**. The things that cause you stress may not cause stress for your colleague, boss, spouse or friend. Just as we are each individuals, we each have an individual reaction to stimuli our environment. Stress is not caused by the situation we are in, but by our reaction to the

situation. If we can learn to control or moderate our reaction to stressors, we can curtail or even eliminate some of the stress in our lives.

Stressors are two types:

- a. External- Physical environment, social interaction, Organizational and major life events etc.
- b. Internal- Negative self-talk, Lifestyle choices etc.

WHY DO CERTAIN THINGS MAKE US FEEL STRESSED?

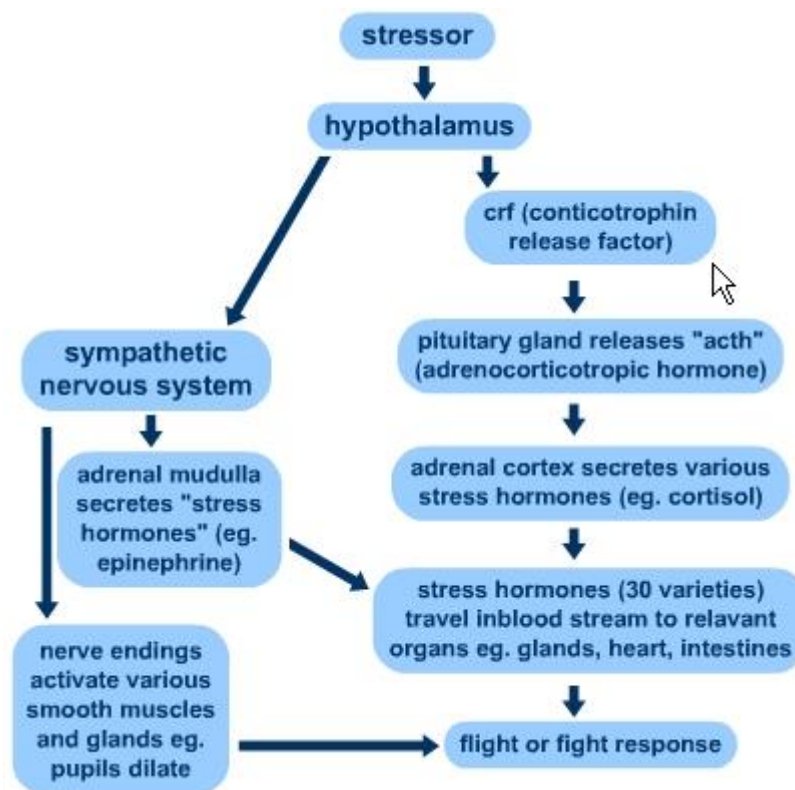
Overthinking, negative thinking, ego, comparisons, expectations felt us stressed. If you've ever been through a time in your life in which you were constantly stressed out, you probably felt less and less like "yourself" each day, and more like a worn out shell of a human. While you may have thought "This stress is killing me," you most likely persevered through the tough times without really doing anything to alleviate your pains. However, doing so only prolongs and exacerbates the issue at hand, and causes long-lasting detrimental effects to your body if left unchecked. Know the signs of stress before it overtake you completely. If we wouldn't stop negative thinking, we enter in vicious cycle.

HOW STRESS AFFECT THE HUMAN BODY, BEHAVIOUR, EMOTIONS AND MIND



HOW STRESS PRODUCE IN HUMAN BODY BIOLOGICALLY?

When you feel threatened, your nervous system responds by releasing a flood of stress hormones, including adrenaline and cortisol, which rouse the body for emergency action. Your heart pounds faster, muscles tighten, blood pressure rises, breath quickens, and your senses become sharper. These physical changes increase your strength and stamina, speed your reaction time, and enhance your focus—preparing you to either fight or flee from the danger at hand.



STRESS MANAGEMENT STRATEGIES

Not all stress can be avoided, and it's not healthy to avoid a situation that needs to be addressed. You may be surprised, however, by the number of stressors in your life that you can eliminate.

Make time for fun- Beyond a take-charge approach and a positive attitude, you can reduce stress in your life by nurturing yourself. If you regularly make time for fun and relaxation, you'll be in a better place to handle life's stressors when they inevitably come.

Exercise- The research keeps growing exercise benefits your mind just as well as your body. We keep hearing about the long-term benefits of a regular exercise routine. But even a run, swim or dance session in the midst of a stressful time can give an immediate effect that can last for several hours.

Smile and laugh- Our brains are interconnected with our emotions and facial expressions. When people are stressed, they often hold a lot of the stress in their face. So laughs or smiles can help relieve some of that tension and improve the situation.

Get social support- Call a friend, send an email. When you share your concerns or feelings with another person, it does help relieve stress. But it's important that the person whom you talk to is someone whom you trust and whom you feel can understand and validate you.

Listen to relaxing music- The right music has the power to take away all your worries. Create a playlist of your favorite relaxing tracks and listen to it whenever you feel stressed.

Go for a walk in nature- Go for a mindful walk early in the morning in the park when the air is fresh. Be mindful of each step you take, the sights, sounds and smells. Lose yourself to experience.

METHOD TO CHANGE THINKING

If we want to increase our mental immunity so we should follow three things:

Nourishment for mind- Daily nourish your mind some spiritual thoughts at morning and absorb that let that going to our system. Don't read negative news in newspaper. Let's better go to nearby Brahmakumaris ashram and watch spiritual channel (Peace of mind).

Relaxation for mind- We should give rest or relax our mind. Meditation means consciously relaxing mind does not mean stopping the thoughts. Do 20 minute meditation at morning and 20 minute at evening because medical science proved 5 minute anger burns 2 hours working efficiency so that 5 minute meditation can increase 2 hours working efficiency.

Exercise for mind- Do positive thinking exercise. Positive thinking is not overnight process. Rajyoga gives training how to do positive thinking?

Change the attitude- if we follow five things in our life we can change our attitude from negative to positive. We all are human beings but due to modernization we more concerned about doing not being.

- ✓ **THINK-** about the advantages of every situation.
- ✓ **LEARN-** something from every situation.
- ✓ **LIVE-** in present not lost in the past or future.
- ✓ **FOCUS-** on the challenges and its solutions.
- ✓ **TO BE -** hopeful and proactive.