

**Final Presentation Report**

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**Stress Management**

**A report by**

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**Abstract**

Stress is a fact of everyday life, we’ve all felt it. Sometimes it acts as a positive force and sometimes as a negative force. If you experience stress over a prolonged period of time, it could become chronic, till you take some action. Many people worldwide are believed to be suffering from neurotic, stress related and psychological problems. This report contains the material that will help to study Stress and Stress Management Strategies. The objectives of the study were to find out the common symptoms of stress, causes of stress and to suggest stress management strategies used by people for coping with stress.

***Keywords****:* Stress, Neurotic, Psychological

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**1. Introduction**

You probably can’t make it through a single day without seeing or hearing the word stress someplace. Just glance at any magazine stand and you’ll find numerous cover stories all about stress. In larger bookstores, an entire section is devoted to books on stress. TV and radio talk shows regularly feature stories documenting the negative effects of stress in our lives. Why all the fuss? Hasn’t stress been around forever? Is all of this just media hype, or are people really experiencing more stress today?

This document will enlighten this most important issue of people in today’s world that is Stress and its Management.

**2. Stress**

In this section we will have a closer look to what is Stress, what some of its types are and how to get aware of Stress in which we will see causes and signs of stress and how to test Stress.

**2.1 Definition**

Defining stress isn’t easy. Professionals who’ve spent most of their lives studying stress still have trouble defining the term. As one stress researcher quipped, “Defining stress is like nailing Jell-O to a tree. It’s hard to do!”

Despite efforts during the last half century to assign a specific meaning to the term, no satisfactory definition exists. Defining stress is much like defining happiness. Everyone knows what it is, but no one can agree on a single definition. Different subjects defines Stress in different ways like some of them are:

* Pressure or tension exerted on a material object. *(Physics)*
* **Stress** is any uncomfortable “emotional experience accompanied by predictable biochemical, physiological and behavioral changes.” *(Psychology)*
* **Stress** is a physical, mental, or emotional factor that causes bodily or mental tension. *(Biology)*

So how will we define Stress, here is the definition

***“Stress is your body's way of responding to any kind of demand.”***

**2.1.1 Eustress vs. Distress**

**Eustress** is the form of stress that is positive and beneficial. We may feel challenged, but the sources of the stress are opportunities that are meaningful to us. Eustress helps provide us with energy and motivation to meet our responsibilities and achieve our goals.

Examples of eustress include graduating from college, getting married, receiving a promotion, or changing jobs

**Distress** is a continuous experience of feeling overwhelmed, oppressed, and behind in our responsibilities. It is the all-encompassing sense of being imposed upon by difficulties with no light at the end of the tunnel.

Examples of distress include financial difficulties, conflicts in relationships, excessive obligations, managing a chronic illness, or experiencing a trauma.

**2.2 Types of Stress**

According to [American Psychological Association (APA)](http://www.apa.org/), there are 3 different types stress — acute stress, episodic acute stress, and chronic stress.

**2.2.1 Acute Stress**

Acute stress is usually brief. It is the most common and frequent presentation. Acute stress is most often caused by reactive thinking. Negative thoughts predominate about situations or events that have recently occurred, or upcoming situations, events, or demands in the near future.

For example, if you have recently been involved in an argument, you may have acute stress related to negative thoughts that are repetitive about the argument

**2.2.2 Episodic Acute Stress**

People who frequently experience acute stress, or whose lives present with frequent triggers of stress, have episodic acute stress.

The individuals who frequently suffer acute stress often live a life of chaos and crisis. They are always in a rush or feel pressured. They take on many responsibilities, and usually cannot stay organized with so many time demands. These individuals are perpetually in the grips of acute stress overload

**2.2.3 Chronic Stress**

Chronic stress is the most harmful type of stress. If chronic stress is left untreated over a long period of time, it can significantly and often irreversibly damage your physical health and deteriorate your mental health.

For example, long term poverty, repeated abuse in any form, unemployment, dysfunctional family, poor work environment, substance abuse, or an unhappy marriage can cause significant chronic stress.

**2.3 Stress Awareness**

There are three steps of getting aware of Stress

1. Identifying Causes of Stress
2. Identifying Signs of Stress
3. Stress Testing

**2.3.1 Causes of Stress**

Everyone has different stress triggers.

**2.3.1.1 Work Stress**

Work stress is stress related to one's job. Work stress often stems from unexpected responsibilities and pressures that do not align with a person's knowledge, skills, or expectations, inhibiting one's ability to cope. Work stress tops the list, according to surveys.

Causes of work stress include:

* Chronic work overload
* Unfair treatment
* Impossible expectations of your boss
* Unsupportive or hostile coworkers
* Inadequate training
* Lack of recognition or rewards
* Your values conflict with boss or coworkers
* Unpleasant work environment

**2.3.1.2 Educational life Challenges: Causes of Stress**

Academic stress means education related stresses it can be in every situation otherwise feel stress. ... And had high outer saddle to study, and may suffer more educational stress

* The best years of life..? Expectations.
* Even positive change is stressful
* Greater Academic demands
* Uninstructed time
* Changing relations with family
* Balancing Academics and Extra-curricular

**2.3.1.3 External Causes of Stress**

Following are some external causes of stress

* Major life changes
* Relationship difficulties
* Financial problems
* Trauma
* Noise

**2.3.1.4 Internal Causes of Stress**

Sometimes the stress comes from inside, rather than outside. You can stress yourself out just by [worrying](https://www.webmd.com/balance/guide/how-worrying-affects-your-body) about things. All of these factors can lead to stress:

* Feelings of anger, fear and chronic worry
* Anticipation
* Negative self-talk
* Unrealistic expectations/Perfectionism
* Rigid thinking, lack of flexibility
* All-or-nothing attitude

**2.3.2 Signs of Stress**

Stress affects us all. You may notice [symptoms of stress](https://www.webmd.com/webmd/consumer_assets/controlled_content/healthwise/special/stress_management-measuring_stress_special_ta4301.xml) when disciplining your kids, during busy times at work, when managing your finances, or when coping with a challenging relationship. Stress is everywhere. And while a little stress is OK -- some stress is actually beneficial -- too much stress can wear you down and make you sick, both mentally and physically

Some common signs, symptoms and effects of stress are:

**2.3.2.1 Physical Signs of Stress**

Stress that's left unchecked can contribute too many health problems, and can affect your physical health badly, some common signs of physical stress are

* Racing Heart
* Cold sweaty hands
* Headaches
* Weight losses
* Sleep Disturbance
* Bowel Problems

**2.3.2.2 Behavioral Signs of Stress**

This includes

* Forgetting things
* Difficulty Concentrating
* Worrying about things
* Difficulty Processing Information
* Negative Self Statements

**2.3.2.3 Emotional Signs of Stress**

Stress affects your emotions as well, some common signs are

* Increased irritability or anger
* Fearfulness
* Tearfulness
* Easily frustrated
* Increased interpersonal conflicts

**2.3.3 Stress Test**

* Try and find out what’s causing stress
* Look for ways to reduce the amount of stress

Figuring out what causes stress is important to starting coping skills techniques that helps reduce stress or eliminate all together.  
  
You will feel better if you find ways to get stress out of your system

**3. Stress Management**

In this part we will discuss some strategies that will help in reducing and managing stress

**3.1 Managing Stress in Real Life**

This part helps you develop day-to-day habits for home and work that will ultimately help you live a less stressful life. For example, the simple act of taking a break and doing a few stretches can really reduce the effects of stress at work.

**3.1.1 Overcoming Your Anger**

Unfortunately, too many people — and you may be one of them — experience too much anger too much of the time. Anger is not only terribly stressful, but it can also be harmful to your physical well-being and destructive to your relationships. Fortunately, ways of reducing your anger and limiting its consequences do exist.

**3.1.1.1 Figuring out just how mad you really are?**

The first step in reducing your anger is knowing how angry you are. In this section, I give you a simple, 12-item informal scale that helps you discover the role anger plays in your life.

For the following 12 statements, indicate the extent to which each one describes you. Jot down one of the following responses for each statement: not at all like me, a little like me, or a lot like me.

1. My family and/or friends tell me I get angry too easily.

2. I feel my anger is excessive.

3. My anger has frequently gotten me into trouble in the past.

4. I get frustrated pretty easily.

5. I hold on to my anger longer than I should.

6. I hate waiting or being kept waiting.

7. Petty annoyances can make me fly off the handle.

8. I take criticism and disapproval badly.

9. Incompetence and stupidity in others makes me angry.

10. I get angry when traffic or lines don’t move quickly enough.

11. Being treated rudely or unfairly makes me very angry.

12. In arguments, I’m usually the one who gets angrier.

For each time you responded “a lot like me,” give yourself three points. For each response of “a little like me,” give yourself two points. And for each response of “not at all like me,” give yourself a zero. If you have fewer than 18 points, anger is not a major part of your life. If you have between 19 and 30 points, anger is affecting your life moderately. And if you have 31 to 36 points, anger is a definite presence in your life.

**3.1.1.2 The Pros and Cons of Anger**

Anger, just like anything else, isn’t all good or all bad: It has many pros and cons. The following sections explain those for you, so that you get a clear picture of anger and the effect it may have on your life.

**Pros**

* Anger is activating and mobilizing.
* Anger makes you feel powerful
* Anger often gets results.
* Anger is often a respected response

**Cons**

* Anger can make you sick
* Anger can break your heart
* Anger can break others heart
* Anger can shorten your life

**3.1.1.3 Tempering your Temper**

Anger is not an automatic reaction beyond our control, even though it may feel like that at times. Instead, anger is a response that can be managed. So, before your next outburst of rage and fury, take a look at some of these anger-reducing strategies and tactics. Who knows? They just may save you from a nasty argument, an upset stomach, costly litigation, or worse.

* **Keeping an anger log**

The first step in managing (and ultimately eliminating) much of your stressful anger is knowing what it looks like and where it comes from. A simple anger diary, or anger log, can help you identify those times when you are angry and give you the information you need to begin feeling less angry.

* **Checking your stress balance**

Find out if your anger is excessive and inappropriate by checking your stress balance. Just compare the level of your anger with the importance of the anger-producing situation.

**3.1.1.4 Becoming Mindful of your Anger**

This means becoming more aware of your feelings as just feelings, and your thoughts as just thoughts. But first you need to interrupt the process of being angry. You need to step back. There’s some truth to that old saying, “When you get angry, count to ten before you do anything.” This is a good start, but you can find even better ways of detaching.

**3.1.1.5 Modifying your Mindset**

Most often, your thoughts and perceptions are what make you angry.

* Thinking about your thinking
* Fixing your thinking errors
* Expecting the expected

**3.1.2 Worrying Less**

Everybody worries at some time or another. In fact, worrying can be a good thing. You should worry about some things in your life. Worrying is healthy and appropriate when it motivates you and leads you to attempt to resolve a problem in a productive, adaptive manner. If you’re worried about an exam, you may study harder. If you’re worried about your health, you’ll probably go see a doctor. Some people, however, worry far more than they have to, and in turn they do very little to effectively resolve their worries. For these people, much of their stress takes the form of excessive worry.

In this section we will figure out how to identify your worries and understanding why you worry the way you do

**3.1.2.1 Identifying your Worries**

You can identify your worries by these two ways

* Creating a worry list
* Spotting your hidden worries

**3.1.2.2 Understanding your Worries**

Worries can be productive, helping you manage your life and reduce your stress. On the other hand, worrying can result in unnecessary fear, anxiety, and upset. Understanding the differences between these two forms of worrying — productive and unproductive — is an important step on your path to managing and ultimately minimizing your worrying.

**3.1.2.3 Controlling and Stopping your Worries**

Following strategies help you controlling your worries

* Writing about your worries
* Scheduling your worries

**3.1.2.4 Escaping your Worries**

Sometimes you feel like a prisoner of your own worries. You’ve done the work outlined in previous sections, you know the worries are misguided and unproductive, but you still can’t shake them. Sometimes, not dealing with them, at least at that moment, is the answer. Here are some ways to get some distance from your worries.

* Getting Distracted
* Going for a walk
* Talking about it
* Relaxing your body and calming your mind

**3.1.3 Reducing Interpersonal Stress**

Reducing your interpersonal stress means having the tools, strategies, and tactics that allow you to navigate the prickly world of other people. This section shows you how you can make your interactions and involvement with others far more satisfying and certainly far less stressful.

**3.1.3.1 Developing Stress Reducing Communication**

Unfortunately, when you’re feeling stressed, your ability to communicate deteriorates. Alas, you probably haven’t been taught how to communicate effectively. You’re taught how to drive a car and how to solve equations. Your cell phone, camera, and DVR come with instruction manuals.

But when it comes to communicating with others, you may need some guidance. The following sections offer some suggestions and strategies that can increase your communication smarts and help you minimize the interpersonal stress in your life.

* Become a good listener
* Make a mental commitment
* Look like you are listening
* Give some feedback
* Practice listening
* It’s your turn to talk
* Use I statements
* Look for a pattern

**3.1.3.2 Discovering what it means to be Assertive**

Are you assertive or non-assertive in your interactions with others? Becoming effectively assertive in your interpersonal relationships can result in much less emotional distress.

Fortunately, finding out how to become more comfortably assertive is something that can be mastered relatively painlessly. The first step is knowing just how assertive or unassertive you are.

**3.1.3.3 Becoming more Assertive**

By following these basic steps in a little time and some effort, you can readily see yourself becoming more assertive — and less stressed.

* Observing assertive behavior
* Watching how you say things
* Starting nice and your way up to nasty
* Trying a little fogging

**3.1.3.4 Coping with Difficult People**

The following sections outline what you need to do.

* Stay Calm
* Focus on the issue
* Don’t be a labeler
* Stop Personalizing
* Have a dress rehearsal
* Lose the battle win the war

**3.1.4 De-Stress at Work**

If you feel that your job is stressful, you’re not alone. Too many workers report that their job is a major source of stress in their lives. The specific sources of work stress can be job insecurity, low pay, impossible clients, a terrible boss, dreadful coworkers, ridiculous deadlines, nasty office gossip, or lost time with family members. So before you’re a candidate for a job-burnout seminar (and certainly before you do something you may regret later), read this section. You may find out how to regroup, get a grip, and minimize your stress at work.

Five steps towards managing your work stress

* Identify how you respond to your specific work stressors
* Set goals to respond more effectively to your work stressors
* Change your thinking
* When in conflict, negotiate
* Pace and balance yourself

**3.1.5 Maintaining a Stress-Resilient Lifestyle**

Your attempts at stress reduction can easily fall victim to the same fate. Staying motivated and finding the time to practice your stress-management skills is not that easy.

This section shows you how to avoid many of the pitfalls that often derail your attempts to manage your stress over the long haul.

* One of the keys to successful stress management is turning your stress reducing skills into habits.
* To effectively manage your stress, you need a place where you can escape the pressures and demands of everything going on around you. In fact, you need several such places. Ideally, these should be places that are quiet, peaceful, and relaxing. These places become your oases — your places of refuge in a stress-filled world
* Having people in your life you can talk to, complain to, cry with, and laugh with — not to mention go see a movie with — represents an important stress buffer in your life. Connecting with family members and friends becomes one of the more important ways you can insulate yourself from stress and strengthen your ability to cope.
* Finding satisfaction in a hobby or interest is an important way of reducing your stress.
* Train yourself to live in the present focusing on what is happening to you right at this moment, your life can be much less stressful.
* Take your fun seriously

**3.2 Some Additional Stress Management Tips**

* Making little changes in life can really add up to a big feeling of relief
* Learn to recognize when you are feeling Stressed and the ways you can Relax
* Take a Break, have a cold drink, get some fresh air, or close your eyes for a minute to refocus
* Let others know you are feeling overwhelmed and tell them how they can help
* Allow yourself to say NO! when you know you cannot meet the Demands without getting Stressed

**References**

**Links**

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**Book**

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