

SSL ASSIGNMENT NO. 8

Expert Lecture: Stress Management

Roll No. : 23361

Date: / /2022

The Following points were discussed during the session:

- **WHAT IS STRESS MANAGEMENT?**

Stress management is a wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress, especially chronic stress, usually for the purpose of and for the motive of improving everyday functioning. Stress produces numerous physical and mental symptoms which vary according to each individual's situational factors. These can include a decline in Physical Health, such as headaches, chest pain, fatigue, and sleep problems, [1] as well as depression. The process of stress management is named as one of the keys to a happy and successful life in modern society. Life often delivers numerous demands that can be difficult to handle, but stress management provides a number of ways to manage anxiety

5 TIPS TO MANAGE STRESS

1. Us Guided Meditation. Guide Meditation Greatway To Distract yourself from stress day-to-day life..
2. Practice Deep Breathing.
3. Maintain Physical Exercise And Good Nutrition.
4. Manage Social Media Time..
5. Connect with others.

EFFECTS OF STRESS ON BRAIN

1. Impedes Focus And Concentration

Stress is inevitable but it can have huge consequences on focus and concentration if it becomes chronic. On going stress

Churns up deep internal distress that short-circuits important cognitive functions. But emotional stress can be just as bad. Job worries, relationship issues and health concerns can make it hard to concentrate, though lots of people don't notice this happening until they become totally overwhelmed.

When becoming mentally exhausted, you eventually will have difficulties with concentration detention. If Have to reread things a lot because you can't focus, your work may not get done, and of course, that alone causes even more stress.

2.Limits Social Connectedness

Stress limits the social connection of a Individual.An Individual Feels uncomfortable socialising in front of a crowd,when he/she is in stress. While socialising or opening up in front of family,friends or close ones helps in a huge way to reduce stress,but stress in turn limits social connectedness.

3.Affects function on neurotransmitters due to cortisol hormone

Cortisol is a hormone that acts as a neurotransmitter in our brain Considered the Stress Hormone By The Scientific Community,our body Produces it institutions often sion to help us handle them.Stress also has an impact on neuroplasticity,the brain's ability to make new neurons and connections.Neuroplasticity is the brain's ability to heal after injury through learning and adapting.Chronic stress impairs Neuroplasticity.

When you're under stress,your brain releases cortisol,the stress hormone.One of the roles of cortisol in your brain is to focus your attention on the stressor.

SOURCES OF ENERGY

- 1.Food
- 2.Sleep
- 3.Breathe
- 4.StateofMind

In the end various activities were conducted for stress relief.Activities like slow breathing,meditation,concentrating on each and every part and motion fourbody etc.were taken.These Activities really helped in making our mind and body relaxed and stress free.