

2.3: Stress

In this Section,
you will learn about:

- Stress and its Ill Effects.
- Strategies in Managing Stress.

What is Stress?

Stress can be caused by family problems, poverty, dissatisfaction with job, unemployment, pressure of work, grief and migration. It can affect the body (physical) or mind (mental) or both. Prolonged stress may affect the overall health of a person and affect her/his family as well.

Stress may lead to digestive problems, back or neck pain, sleeping problems, substance abuse, headaches, sleeplessness, depressed mood, anger and irritability. Stress contributes to health problems, such as heart disease, stroke, ulcers, high blood pressure, diabetes, depression, anxiety disorder, and other illnesses. Handling stress depends on an individual's personality.

The role of ASHA in helping people to manage stress

- Help individuals identify the cause of stress.
- Understand that stress management varies from person to person.
- Help such individuals to build supportive relationships - A positive and stable bond between people that can provide emotional and social support is important. Talk to the individual's family members, friends, community members to discuss the problem and reasons for stress.
- Motivate these individuals to exercise regularly - Walking, practicing yoga, jogging, etc. can all help improve mood and reduce stress.
- Educate them to make positive changes in behaviour such as eating a healthy diet, control of anger, managing depression, appreciating the positives in oneself and others.
- Help them seek care for health problems from an appropriate service provider.

