



ISA 2

STRESS MANAGEMENT

UB22PY221C

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Stress can be defined as any type of change that causes physical, emotional, or psychological strain. Stress is your body's response to anything that requires attention or action.

TYPES OF STRESS:

1. EUSTRESS(+VE STRESS)

2. DISTRESS(-VE STRESS)

1. ACUTE STRESS(EPISODIC STRESS)

2. CHRONIC STRESS(TOXIC STRESS)

CASE-1

Name: Aditya , Jayanagara, Bangalore

Age: 20 years

Profession: Engineering student at PES University.

Sources of stress:

Aditya said, “For everyone in my age group, stress is an inevitable emotion in day to day life. My objectives for academic achievement, the FOMO that social media use has gifted me, and the impending duties in the future are the sources of stress for me.”

Management of stress:

Aditya said, “I have come to the conclusion that working hard to accomplish my goals is the only thing that makes me feel less stressed, and that's what I do. Speaking with parents and friends and venting my frustrations is another way I decompress.”

CASE-2

Name: Tejas, Thumakuru

Age: 21 years

Profession: Engineering student at PES University.

Sources of Stress:

Tejas said, “Life as an engineer is exciting but comes with its fair share of stressors. Here are some of the things that stress me out and how I manage them:

Social Media: I find that constant use of social media makes me feel inadequate, anxious, and pressured to keep up a certain image or lifestyle. It's like a never-ending race that leaves me drained.

Placement: The pressure of landing a good job, acing interviews, meeting qualifications, and competing with peers is intense. It's a major source of stress for me."

Managing Stress:

Tejas said,

"Limiting Social Media Usage: I've started setting specific times for social media use and use apps to limit my screen time. I also make it a point to unfollow accounts that make me feel negative.

Mindfulness and Meditation: Practicing mindfulness and meditation daily has

been a game-changer. It helps me stay calm and reduces my anxiety.”

CASE-3

**Name: Poornima, Indiranagar,
Bangalore**

Age: 28 years

**Profession: Software Developer at
Infosys**

Sources of Stress:

**Poornima stated, "Balancing tight
project deadlines, staying updated with
the latest technology, and managing**

personal relationships are the main sources of my stress."

Management of Stress:

"I usually go for a run in the morning to clear my head. Meditation and yoga in the evening also help me stay calm and focused. Additionally, spending quality time with family and friends is essential for my mental health."

CASE-4

Name: Rahul, Koramangala, Bangalore

Age: 35 years

Profession: Marketing Manager at Flipkart

Sources of Stress:

Rahul explained, "The pressure to meet sales targets, frequent travel, and the constant need to come up with creative marketing strategies contribute to my stress."

Management of Stress:

"I manage my stress by engaging in outdoor activities like trekking and cycling during weekends. I also find solace in reading books and attending music concerts."

CASE-5

Name: Veena, Yellapur, Uttara Kannada

Age: 42 years

Profession: School Teacher

Sources of Stress:

Veena mentioned, "Preparing lesson plans, managing classroom behavior, and meeting the expectations of both students and parents are my primary stressors."

Management of Stress:

"I find that practicing mindfulness and attending yoga classes helps me stay

grounded. I also enjoy gardening, which serves as a great stress reliever."

CASE-6

**Name: Mahabaleshwar, Sirsi, Uttara
Kannada**

Age: 50 years

Profession: Entrepreneur

Sources of Stress:

Mahabaleshwar shared, "The uncertainty of the business market, financial pressures, and maintaining a work-life balance are significant stress factors for me."

Management of Stress:

"I manage stress by playing tennis regularly and attending networking events to share experiences with other entrepreneurs. Additionally, spending time with my family is very important for my mental well-being."

CASE-7

Name: Ramesh, Mysore

Age: 55 years

Profession: Banker

Sources of Stress:

Ramesh commented, "Handling large volumes of transactions, dealing with customer complaints, and the pressure to meet financial targets are my main stressors." Management of Stress:

"I find that going for a walk in the park every evening helps me unwind. Playing chess and spending time with my grandchildren are also great ways to relax."

CASE-8

Name: Ananya, Yelahanka, Bangalore

Age: 27 years

Profession: Medical Resident

Sources of Stress:

Ananya stated, "Long working hours, the emotional toll of patient care, and preparing for specialization exams are significant stress factors."

Management of Stress:

"I practice deep breathing exercises and ensure I get adequate sleep whenever possible. Catching up with friends and family over the weekends also helps me stay sane."

CASE-9

Name: Sanjay, Yellapur, Uttara Kannada

Age: 45 years

Profession: Lawyer

Sources of Stress:

Sanjay explained, "High caseloads, the pressure to win cases, and the constant need to stay updated with legal precedents are stressful."

Management of Stress

"I find relief in practicing mindfulness and meditation. Playing golf and taking short weekend trips with my family also help me relax."

CASE-10

**Name: Ashwini, Banashankari,
Bangalore**

Age: 37 years

Profession: Pharmacist

Sources of Stress:

Ashwini mentioned, "Managing inventory, dealing with insurance companies, and ensuring the accuracy of prescriptions are sources of stress."

Management of Stress:

"I manage my stress by practicing yoga and going for evening walks. I also enjoy

cooking and experimenting with new recipes to unwind."

THANK YOU