

UPDAAA

2025



IT + AI.

Self Management Skills

100

Computer Science

Lecture - 01

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Physics Wallah



Topics

to be covered



1 Stress Management and its Techniques

2 Meaning of Stress Management

3 Importance of Stress Management

AI | IT

4 Physical Exercise





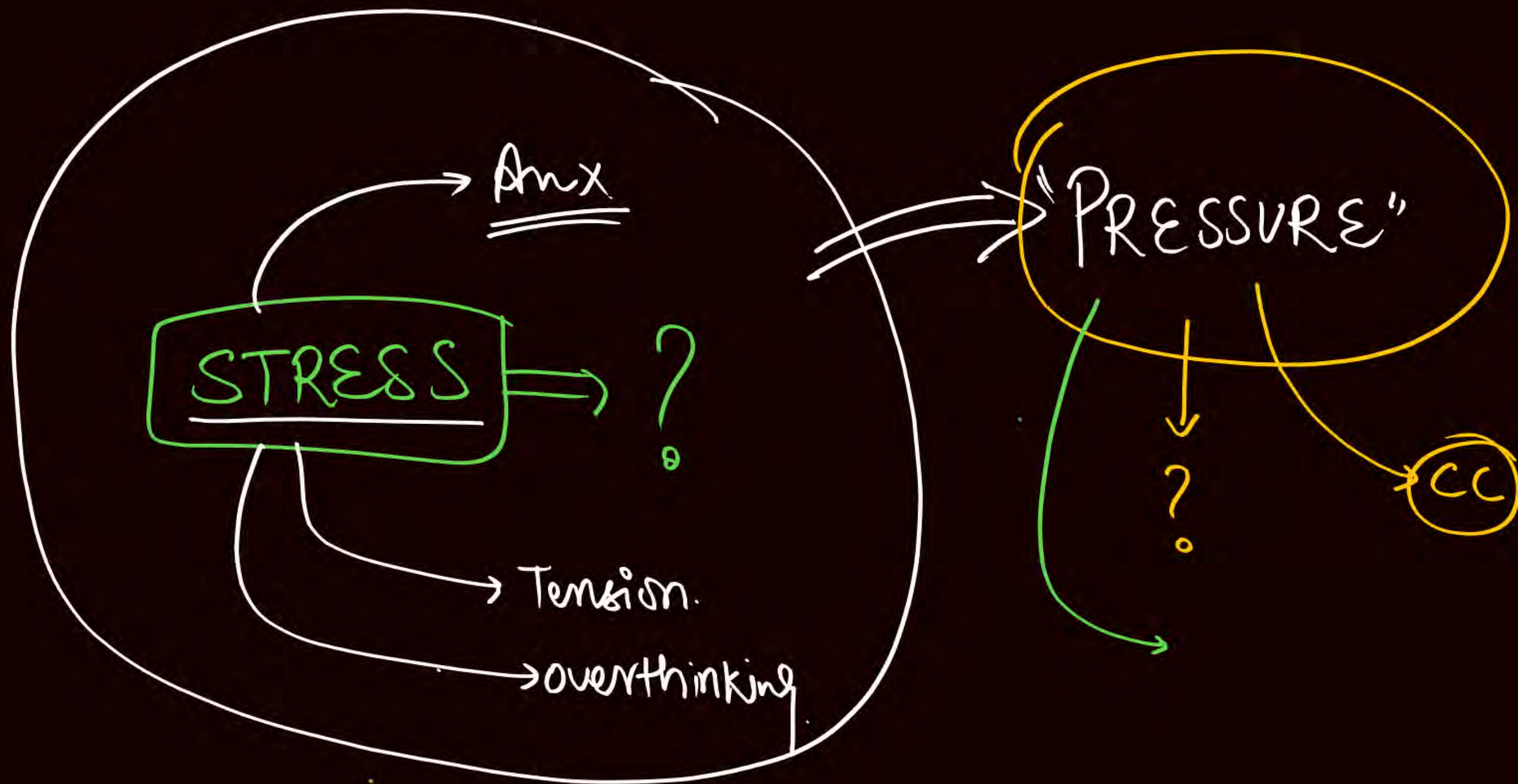
Topic : Stress Management and its Techniques

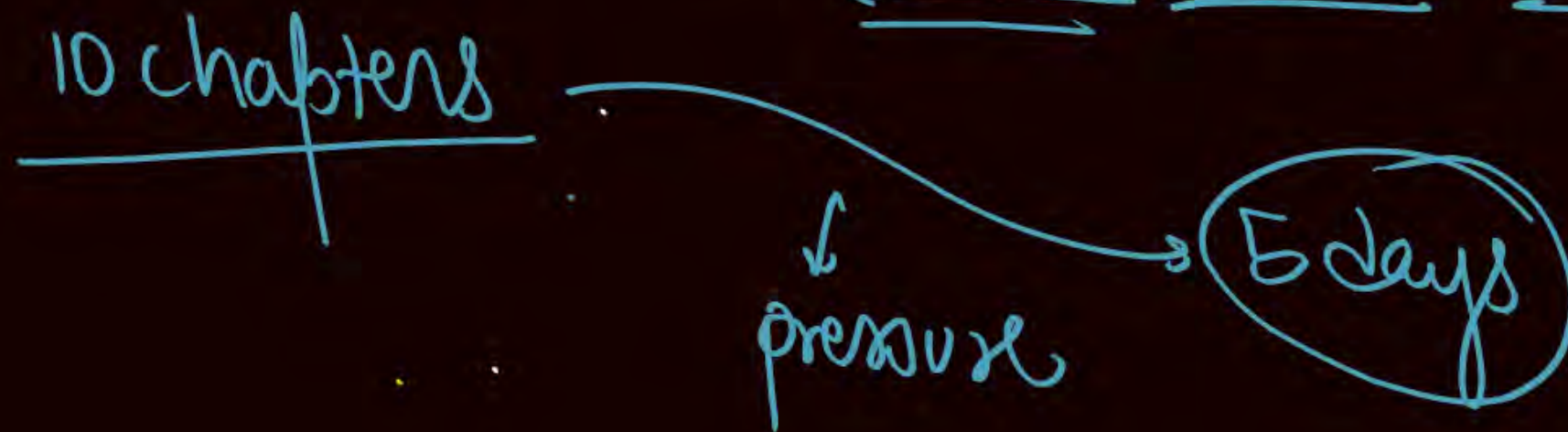
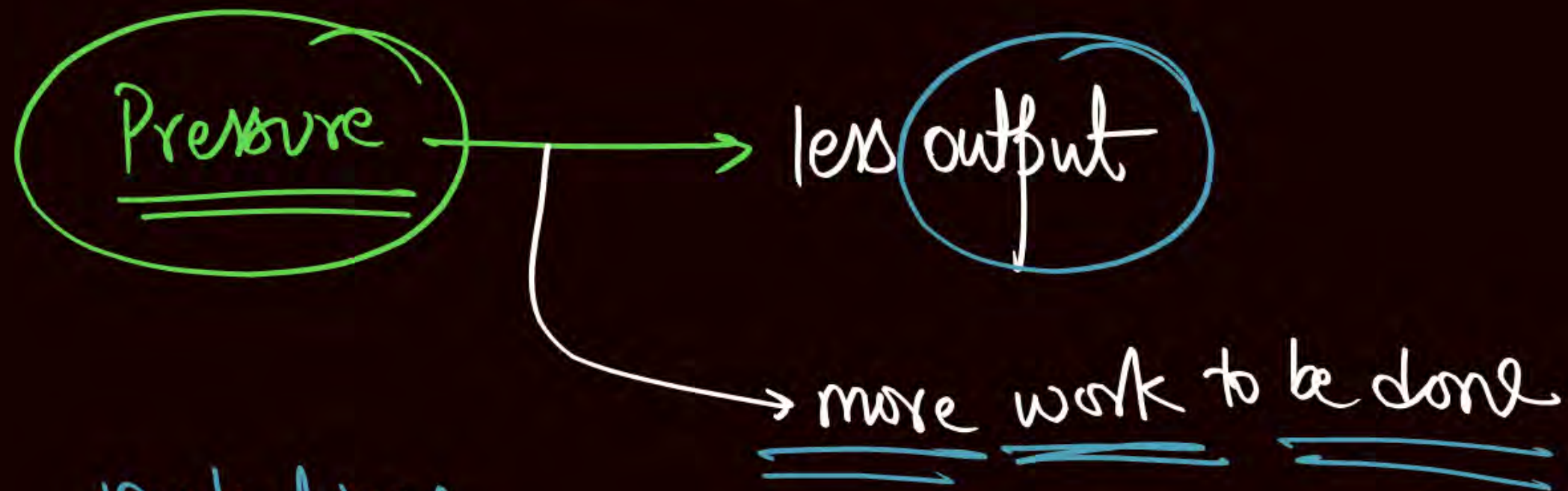
- Life is a chain of events marked by pain, anxiety, unmet expectations, failures, fear, and anticipation of loss.
- The endless greed for materialistic pleasures, achieving our goals, pressure from the society, or bitter past experiences create a chaotic atmosphere in our lives.
- All this leads to a state of emotional disturbance widely known as 'Stress'.



→ Fear
→ failure
→ loss
→









Topic : Stress Management and its Techniques

- Stress can be viewed as a disease that afflicts people of all age groups—adolescents, youth, and the elderly.
- It often leads to addiction, loneliness and antisocial mannerisms, that give rise to various ailments such as headache, nausea, degeneration of cognitive abilities, and heart-related problems.
- Stress can be defined as a reaction to any external stimuli that triggers changes in one's personality.
- Stress causing agents are known as stressors, which can be self-induced or external.

lack of support

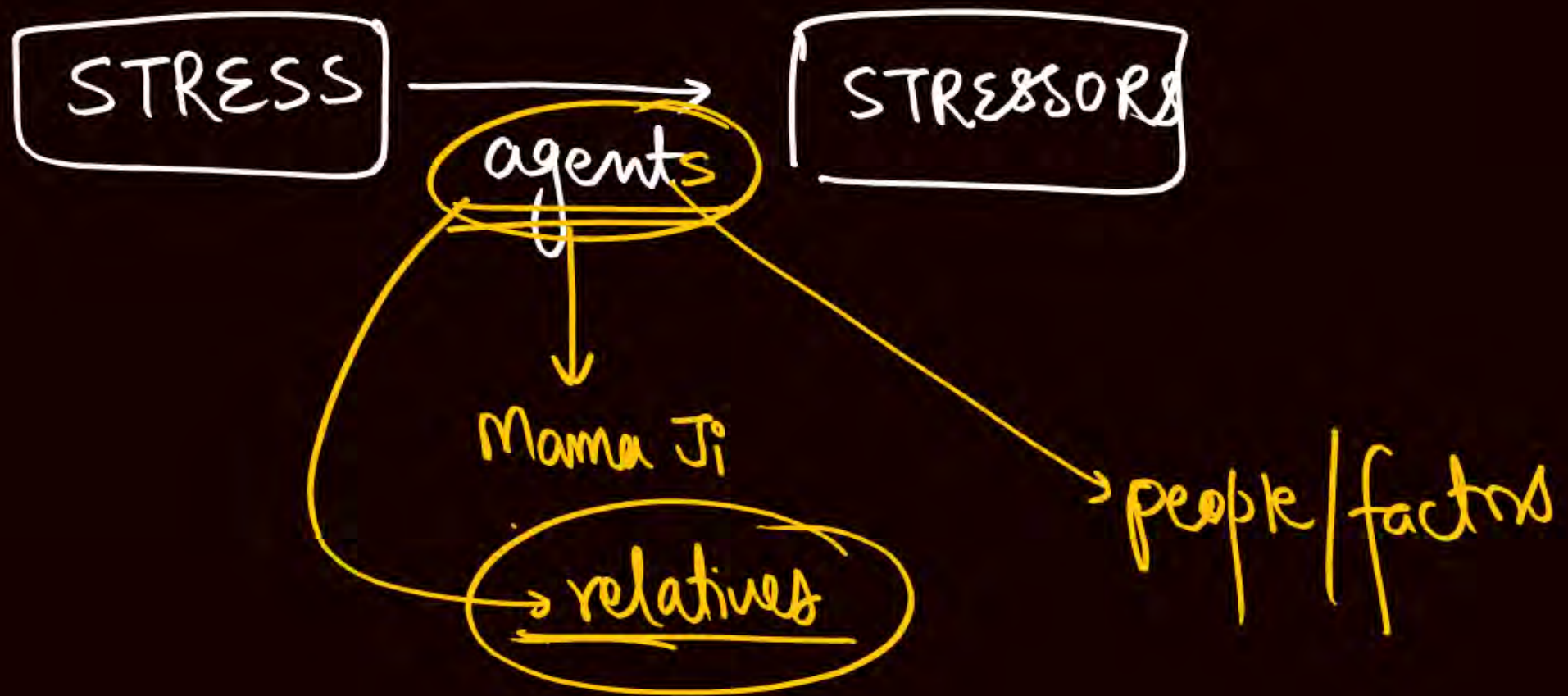
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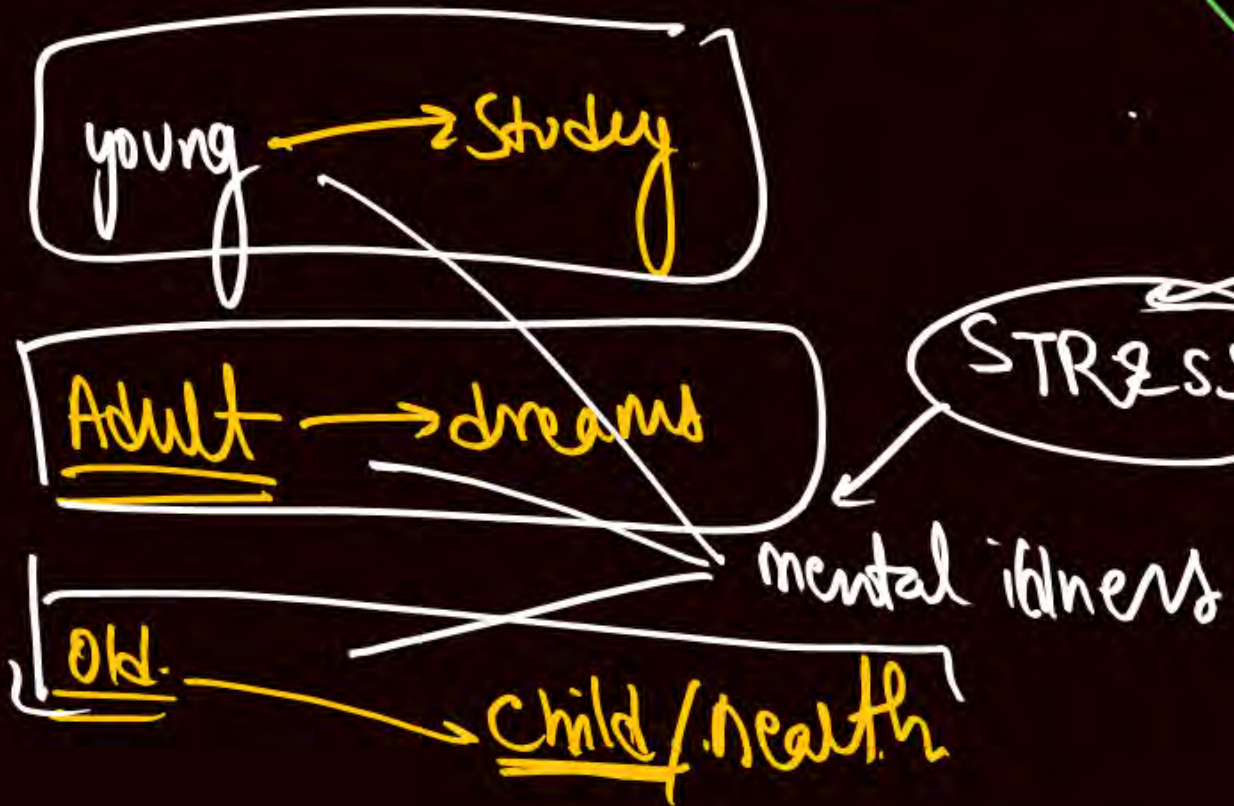
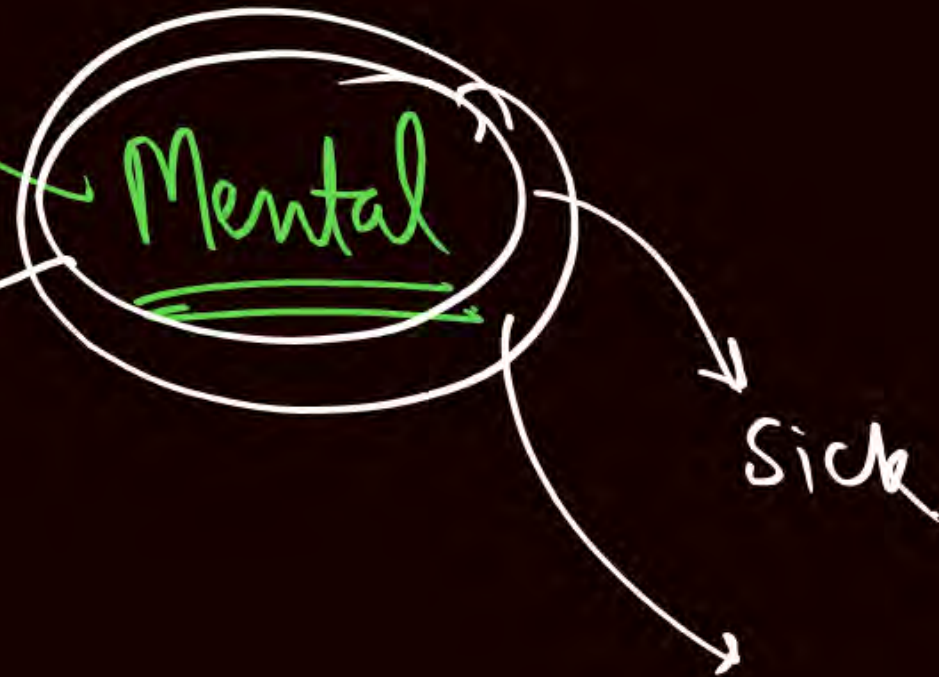
98%

Pressure

Stress









Topic : Stress Management and its Techniques

Some factors that can contribute to stress are:

- Threat
- Dangerous situations
- Irrational demands
- Societal or peer pressure
- Unrealistic goals
- Expectations
- Bad experiences
- Financial loss
- Discrimination



Instagram,





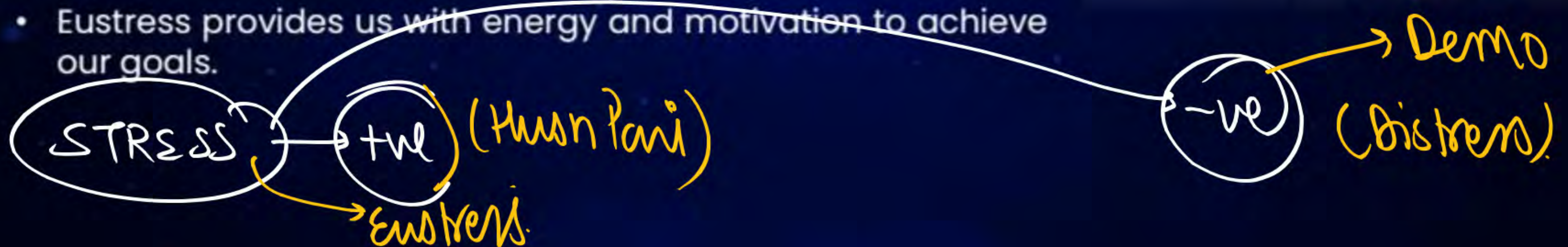
Topic : Stress Management and its Techniques

- Every person goes through a stressful phase. There is, hence, a need to manage stress in order to live a healthy life.

Stress does not always have a negative impact on us. It can sometimes be useful and help us to accomplish great things.

- For instance, some challenges are difficult to face and cause stress; and yet, they help us to push our limits. This is known as 'eustress'.

- Eustress provides us with energy and motivation to achieve our goals.





Topic : Stress Management and its Techniques

Impact

EUSTRESS VS. DISTRESS

AKA, GOOD STRESS VS. BAD STRESS

EUSTRESS

MAKES YOU BETTER

IS INFREQUENT

DOESN'T LAST LONG

MOTIVATES YOU TO TAKE POSITIVE ACTION

DISTRESS

LEAVES YOU WORSE

IS CHRONIC AND ONGOING

LASTS A WHILE

IS DE-MOTIVATING



Topic : Stress Management and its Techniques

For the sake of overall well-being, it is necessary to manage the negative emotions in a manner that does not lead to a decline in one's abilities or biological functionalities.

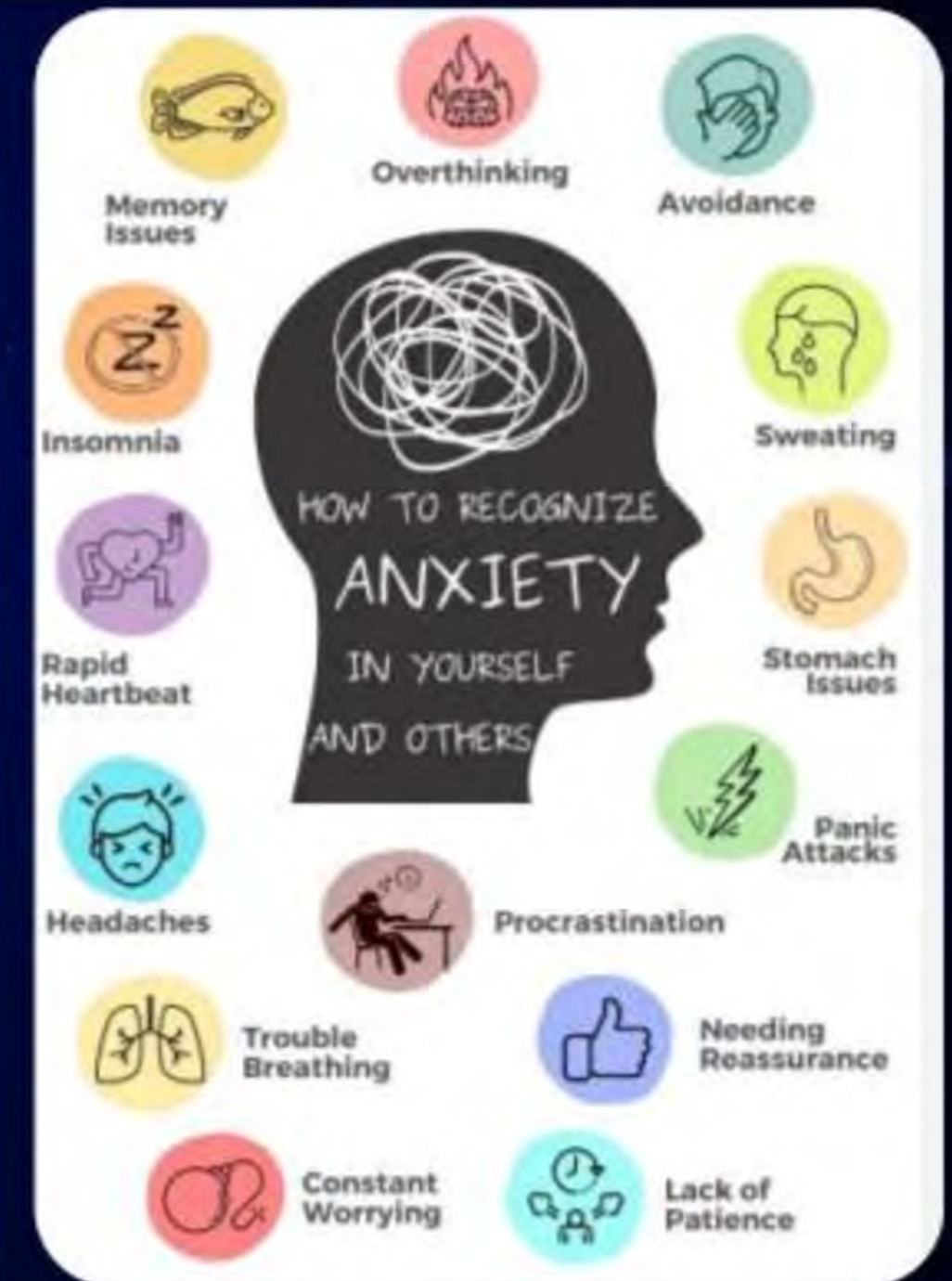




Topic : Meaning of Stress Management

- Stress management refers to a wide range of techniques that enable a person to cope with psychological stress effectively.
- It covers all the tools and mechanisms that alleviate 'chronic' stress, which could otherwise prove to be a lethal disease.
- It includes a pool of techniques that assist individuals in eradicating anxiety and negative thoughts, and work on their well-being.

→ techniques → stress → don't





Topic : Importance of Stress Management



At a time when cut-throat competition has become an unavoidable part of everyone's life, one must continue learning and practicing stress management techniques to survive and thrive.

Stress management allows a person to react positively in stressful situations.

- It provides ways to measure the different levels of stress so that the inflicted person can resort to self-help or seek help from a professional.
- It helps to identify distinct stressors, which can either be good or bad. They can be self-induced or be triggered due to external situations. They can be categorized as:
 - Positive stressor
 - Dangerous stressor (leads to stressful situations) X
 - Irrelevant stressor X.



Techniques to Reduce Stress



100



Topic : Importance of Stress Management

Positive Personal Stressors



As8

- Starting a new job voluntarily
- Receiving a promotion or raise at work
- Going on a holiday or vacation
- Moving in to a new home
- Learning something new
- Retiring
- Buying a new home
- Having a child

→ growth

Negative Personal Stressors



-ve

- Death of a significant person
- Financial challenges
- Major personal injury or illness
- Unemployment
- Legal problems
- Being abused or neglected
- Change in health or behaviour of a family member
- Being fired at work

loss





Topic : Importance of Stress Management

- After successfully recognizing the stressors, stress management provides practical measures to target those stressors.
- It infuses a sense of control and accomplishment. It equips you with the ability to handle any situation efficiently.
- It helps to bring about a healthy change in one's perception of events, people, or situations.
- Stress management helps to bridge the gap between the available resources and the unrealistic demands surrounding them.
- Thus, it helps in bringing a positive change in the outlook and lifestyle of a person.





Topic : Stress Management Techniques

- You have read that stress is an automatic response of the nervous system to any threat, challenge, or problem.
- Our is equipped with a natural 'fight or flight' response, in which it reacts spontaneously to protect itself from unfavorable situation.
- So, we have an inbuilt mechanism within us that safeguards us from any external danger.
- Stress management techniques help to guide and empower individuals to maintain equilibrium, stabilize their emotions, and live a productive life.

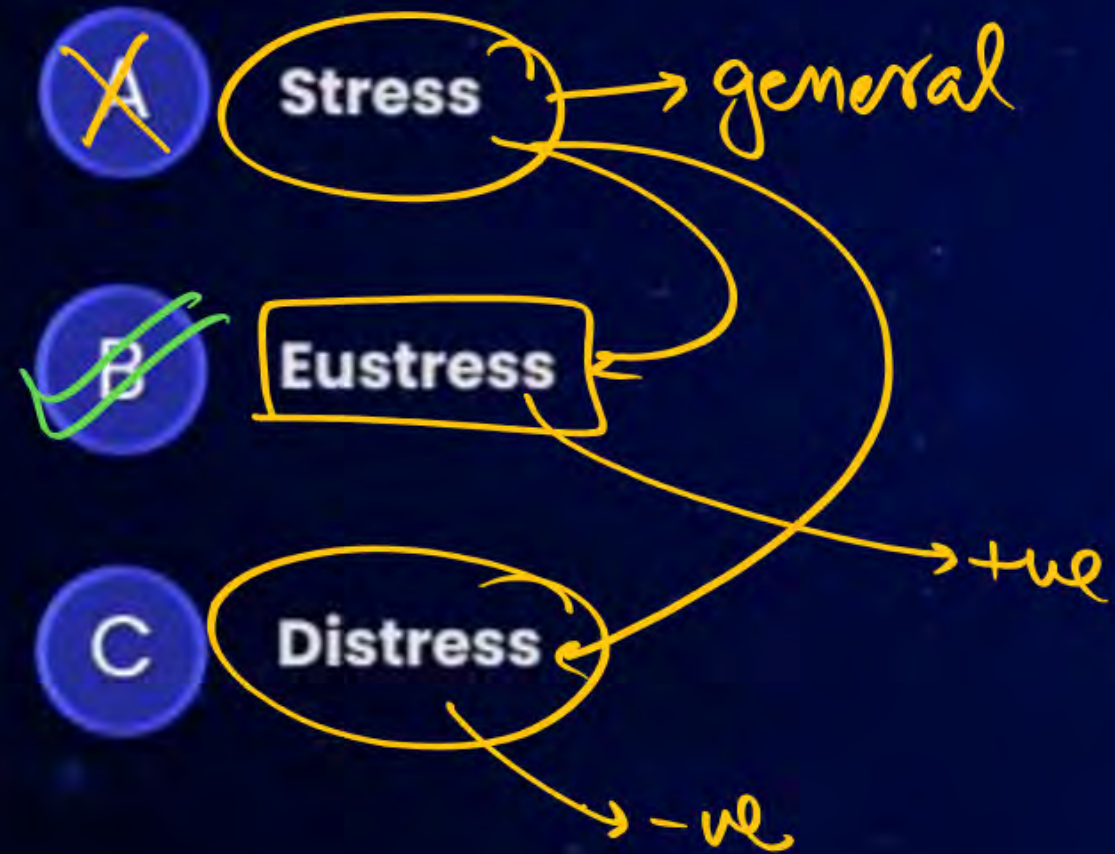
STRESS
↓
Chin Tapak Dumdum.



QUESTIONS



#Q: provides us with energy and motivation to achieve our goals.



CC



QUESTIONS



#Q: Stress Management covers all the tools that alleviate..... stress, which could otherwise prove be a lethal disease .

A Temporary ✗

B Low ✗

C Chronic → long term. (illness).



QUESTIONS



#Q: Stress is an response of the nervous system to any threat, challenge or problem.

☒ **A Automatic**

☐ **B Deliberate**

☐ **C Delayed**

Tricks.



Topic : Physical Exercise



- Exercise includes all activities that maintain physical fitness and mental well-being of a person.
- It makes the person active and helps to build a strong immunity.
- It also assists in the proper functioning of various organ systems. It is recreational and also helps in developing social bonds.

P





Topic : Physical Exercise



Exercise has proven to be effective in minimizing stress levels.

- It helps to release endorphins (chemicals in the brain that act as natural painkillers) and eradicate insomnia.
- In a frustrating situation, a person starts feeling stressed. Here, more vigorous forms of exercise like weight training provides a way to vent out negative feelings.
- Exercise makes a person sturdy and helps him to tackle stressful situations positively.
- ✓ It improves the state of the body, as a fit body is always able to manage stress in a better manner.
- It can help to build confidence and self-esteem.





Topic : Physical Exercise



Yoga is considered to be the finest legacy of the Indian culture. It is practiced for self-development, enlightenment of the soul, and spiritual growth.

It includes physical postures, breathing exercises, and meditation. It has been proven that yoga helps in relieving stress and uplifting one's mood.

- ✓ Reduction in 'cortisol' (stress hormone) levels
- ✓ Sound sleep
- ✓ Sense of happiness
- Removal of different ailments from the body
- Enables to focus on the present
- Emotional control over self





QUESTIONS



#Q4: Exercise helps in

A

Building Immunity →

B

Proper Functioning Of organ System

☒ C

Both A and B



Topic : Meditation



- Meditation has been a part of our tradition for thousands of years. it is a way of bringing positivity into one's life and helps to restore calm and peace in our life.
- Regular practice of meditation reduces stress, anxiety, and depression. It is a natural and inexpensive way that provides immunity to stress.
- ✓ During meditation, one needs to focus on a single point—an image, chanting of a mantra, or regulating one's breathing.

Med →



Topic : Meditation



Meditation helps to remove stress and propagates overall well-being by:

- Helping the individual to focus on the present
- Building up traits such as tolerance, creativity, and imagination
- ✓ Helping to change the perspective during difficult situations
- ✓ Providing a stronger sense of motivation and reducing negative feelings
- Developing a sense of self-awareness





QUESTIONS



#Q: Meditation Brings a sense of

☒ **A Self Awareness**

☐ **B Depression**

☐ **C Anxiety**





Topic : Vacations with Friends And Family

Technique

- Breaks from our hectic daily schedules and spending holidays with friends and family can be a refreshing experience which can help in relieving stress.





Topic : Vacations with Friends And Family

Enjoying with friends and family can relieve stress.

- It adds variety to life
- Creates memorable moments
- Helps to develop various hobbies like photography, writing poetry, etc.
- Develops a sense of creativity, self-inspiration, and socializing
- Fosters feelings of unity, integrity, and cooperation
- It is a relaxing and rejuvenating experience





Topic : Taking Nature Walks



- The fluttering of leaves, the sound of water flowing, soft breeze, brightly-colored blossoms all have a calming effect on our minds.





Topic : Taking Nature Walks



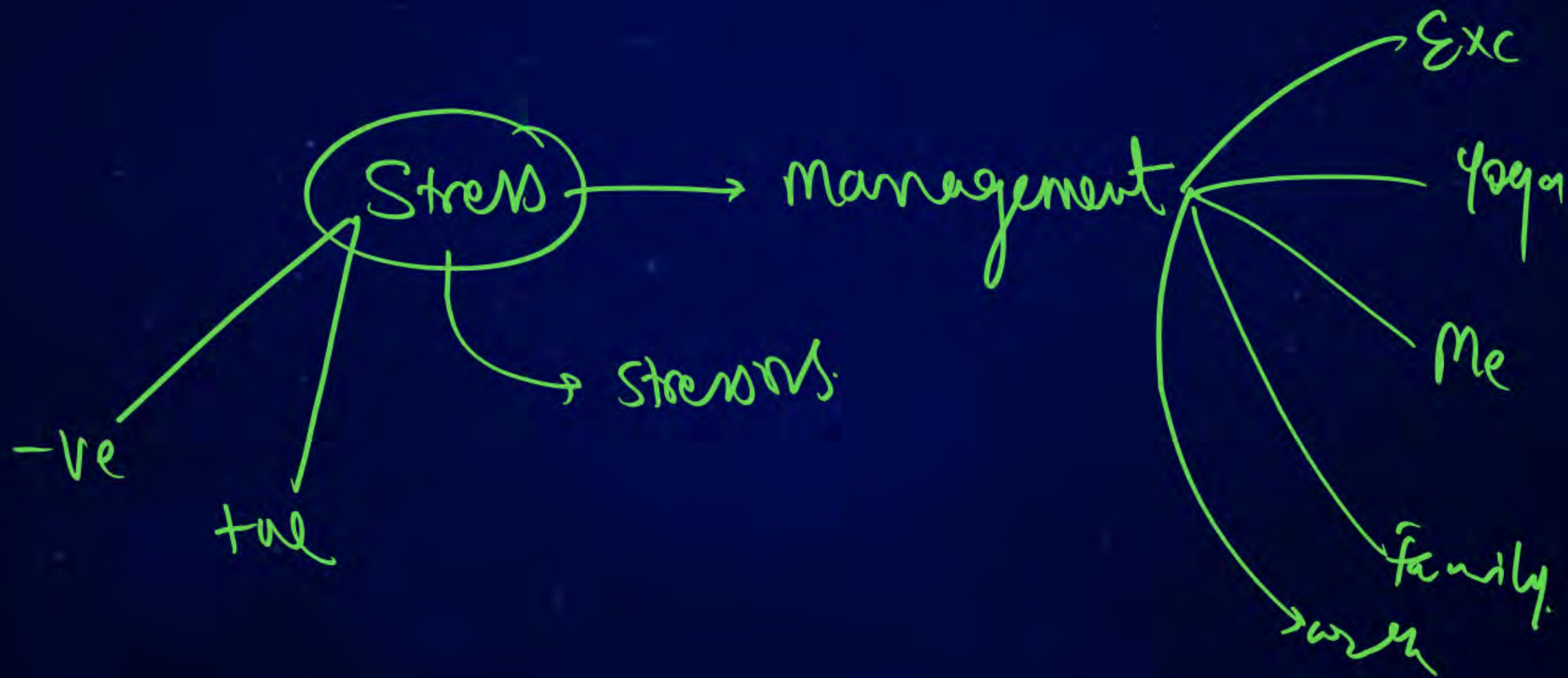
Taking nature walks can relieve stress as:

- It calms a troubled mind
- It improves positivity and mental well-being
- It helps build a sense of creativity, motivation, and strength
- It induces the basic qualities of living in harmony, peace, and cooperation





Summary





Homework For Udaan Module



Reading



Thank
YOU