# Stress Management in Social Interactions

# WHAT IS STRESS ?

Stress is the reaction people have to excessive pressures or other types of demand placed upon them. It arises when they worry that they can't cope.

Stress is the "wear and tear" our minds and bodies experience as we attempt to cope with our continually changing environment

DEFINITION

$$S = P > R$$

Stress occurs when the pressure is greater than the resource

INTRODUCTION:

• Stress has been defined in many different ways over the years. The word stress is derived from English word. Originally it was used in physics and it meant an external pressure, tension, load of an object (Newhouse and Treven, 2005). It was conceived as pressure from the environment, then as strain within the person.

• The term stress was introduced in medicine in 1949 by Canadian endocrinologist – Hans Selye. To him, stress is described as the body's adjustment to a new circumstance, and the body's stereotypical and non-specific response to environmental stimuli that disrupt a personal balance, and described also as a psychosomatic mechanism to regulate and balance the tensions, which means the perception and preparation of the body to the specific loads.

- Social stress is a term that refers to strain that is formed as a result of one's relationships and their social environment. This may include stress from one's friendship groups, academic competition, or struggles at home.

- This term is not recognized as a major type of stress, but it is nonetheless one of the most common types experienced by society.

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# KINDS OF STRESSORS

- External stressors
- Internal stressors

# External stressors

Physical environment

Social interaction with people

Life events which you have no control over (death in the family)

# Internal stressors

Personal lifestyle choice

Personality traits (Perfectionist, Workaholic)

Individual thought process (negative, over analyzing, etc.)

# Social Interaction

- Rudeness
- Bossiness (officiousness, high-handedness)
- Aggressiveness (violence, forcefullness by others
- Bullying (mistreatment, Harassment)

# Causes of Stress

- Job Insecurity
- High Performance Demand
- Workplace Culture
- Personal Problems
- Technology

# Solutions to Excessive Social Stress

There is no absolute cure for social stress. However, there are many ways in which excessive social stress may be reduced.

- Talk to close ones
- To rid f of toxic relationships
- Be an Optimist
- Emotional Control  (Anger and overwhelm)
- Ask Effective Questions
  - *Will this really matter long-term?*
  - *Will it make a real difference to my life in a negative way even if things don't go as I imagine?*
  - *What is the worst possible thing that could happen?*
  - *Is it really as bad as it seems?*
  - *How will I look back upon this situation in 5 to 10 years or even next week?*
- Adjust Your Standards

- **Reframe Circumstances**
  - ➢ Reframing means to change your perceptions about the circumstance in a way that will promote a positive outlook and motivate you to take action.
  - ➢ How could this situation be perceived from a different angle?
  - ➢ What is really funny about this that I hadn't noticed?
  - ➢ How would Mahatma Gandhi see this situation differently… and what would he do about it?

- **Utilize Affirmations**

  Affirmations are words and phrases that you say and repeat to yourself on a regular basis. Psychology has shown us that words have a powerful impact on our emotional health and wellbeing. Simply put, the words and phrases you use on a daily basis create the emotions you experience at any moment in time. Repeat words that are of a positive nature and focused on solutions, and you will find that over time these words and phrases will indeed transform your emotional state and help you to climb out of the doldrums of a stressful existence.

  **Everyday in every way, I am feeling more calm centered and relaxed.**

- Social stress is one mental illness that cannot be cured with something as easy as a substance. It is one such that requires true effort and strength to relieve. But relief is attainable, as long as one agrees to open up and show true determination to achieve relief.

# RECOGNISE THE PROBLEM

The most important point is to recognise the source of the negative stress.

This is not an admission of weakness or inability to cope! It is a way to identify the problem and plan measures to overcome it.

So enjoy your life as it comes ……….and always be happy