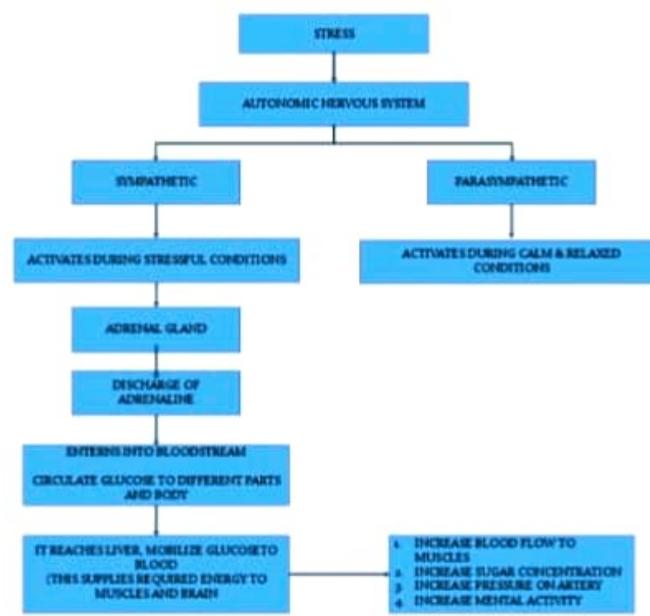
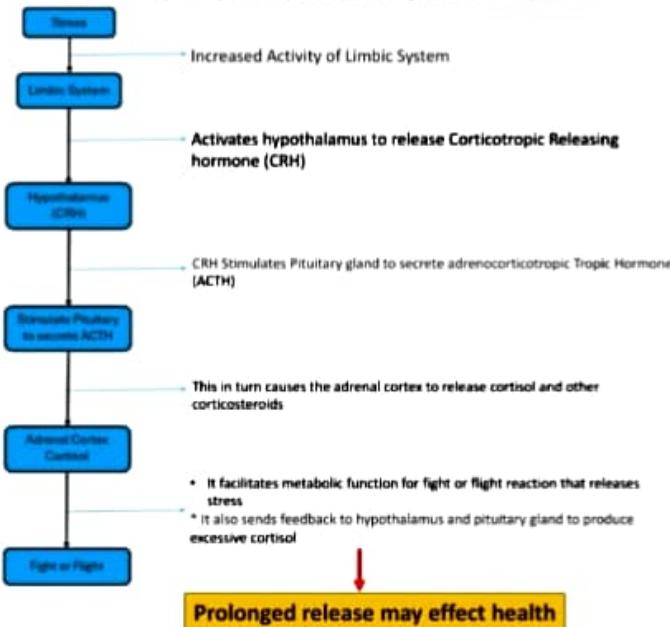


# Physiology of Stress Response

Cannon (1932) described physiology of stress response



The second physiological response is through the Pituitary Gland



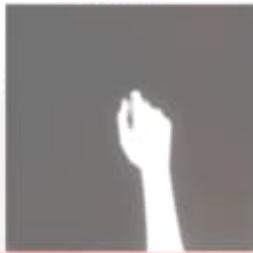
# ADAPTIVE COPING (CONT.)

Slide 7 of 22

## PROBLEM-SOLVING



## REACHING OUT FOR SUPPORT



## CHANGING EXPECTATIONS



## EMOTIONAL

REDUCING STRESS RELATED EMOTIONS



## BEHAVIORAL

TAKING ACTIONS TO REDUCE STRESS SUCH  
AS BREATHING TECHNIQUES



## COGNITIVE

CHANGING THE WAY WE THINK ABOUT  
STRESSORS



# Sources of Stress

## Sources of stress

Stress is the body's response when it senses danger. We all experience stress and need it to function. But when stress interferes with our lives, it becomes a problem. Too much stress, for too long, can make us ill.



### Emotional

- Peer Pressure, including on social media
- Abuse or bullying (online or in person)
- Conflicting Cultural values and beliefs
- Coping with Uncertainty



### Environmental

- Discrimination based on race, gender, sexuality, or disability
- Poor or unstable housing
- Social isolation
- Unemployment, money worries
- Academic Pressure



### Physical

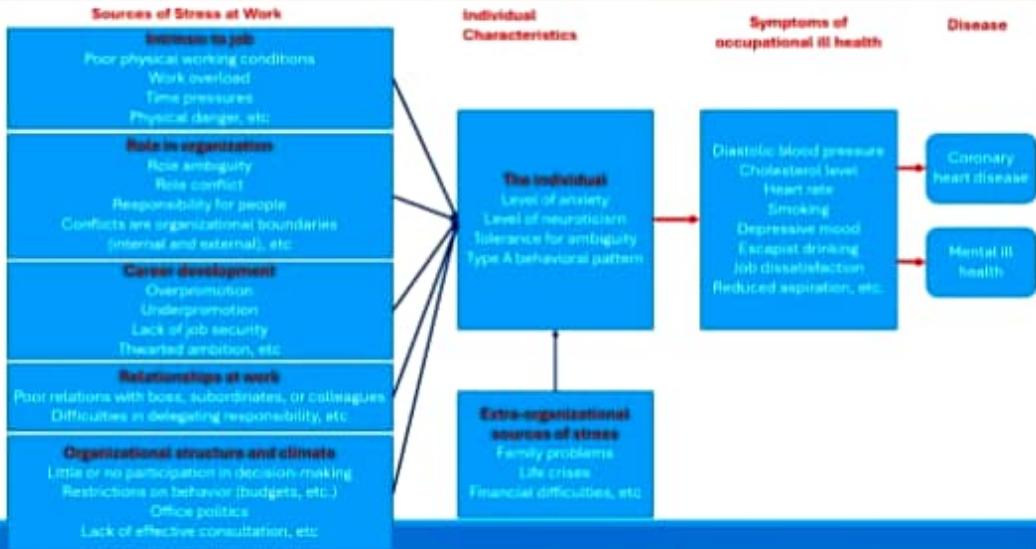
- Late nights or lack of routine
- Poor diet
- Misuse of alcohol or drugs



### Life changes

- Changing schools, or the transition from school to university
- Family or relationship breakdown
- Accidents, illness or bereavement
- Legal issues, arrest or imprisonment

## SOURCES OF STRESS AT WORK



Dizziness/light-headedness



Weakness



Chills



Fever



Sweatiness



### Impact of stress on feelings

Sudden mood shifts



Anger/Resentment



Lowered interest in fun and hobby



Frustration



Unwanted jealousy



### Impact of stress on cognition

Problem with memory

Difficulty in Decision making

Inability to concentrate

Shortened Attention Span

Repetitive thoughts

Lack/Loss of interest in things

Confusion

Loss of objectivity

Poor judgement

Misunderstanding of others communication

Inability to slowdown thought process

### Impact of Stress on Behavior

Eating more or less



Sleeping more or less



Staying away from workplace



Isolating oneself from others



Stay at workplace for Extended hours



# General Adaptation Syndrome (GAS)

- General adaptation syndrome (GAS) GAS is the three-stage process that describes the physiological changes the body goes through when under stress, Hans Selye (1956)
- It has three stages:
  - Alarm
  - Resistance
  - Exhaustion.

## Alarm Stage

- It is the body's initial response to stress (Fight or Flight response)
- Sympathetic nervous system will get activated by release of hormones
- When SNS is activated, it triggers adrenal gland to release certain hormones, adrenaline
- Symptoms



1 Dilated Pupil



2 Increased Heart Rate



3 Rapid breathing



4 Increased glucose level

## Resistance Stage

- The body tries to repair itself after the initial shock of stress
- If the stressful situation is no longer present, you can overcome your stress, and your heart rate and BP return to normal pre-stress levels during this phase
- However, if the stressful situation continues for a longer time or if you don't resolve the stress, your body never receives a signal to return to normal functioning.
- This means your body continues to secrete stress hormones, and your blood pressure will stay high.
- Prolonged stress can cause disturbance in the immune, digestive, CVD, and sleep.
- You might have symptoms such as
  - Feelings of fear, anger, sadness, worry, frustration, irritability,
  - Changes in appetite, stomach problems, headache, fatigue, sleeplessness, trouble in concentration
- Prolonged stress that is not resolved leads to the third stage (exhaustion)

## Exhaustion stage

- Prolonged or chronic stress leads to exhaustion
- Enduring stressors without relief drains you physically and psychologically. Tolerance will come down.
- Your body is no longer able to cope with stress- it will lead to fatigue, burnout, decreased stress tolerance
- Physical and mental effects effects of prolonged stress:
  1. Weaken the immune system
  2. Heart Disease
  3. Hypertension, Diabetes, Depression, Anxiety

# MALADAPTIVE COPING

- **SELF:** I HAVE BEEN SAYING TO MYSELF IT IS NOT REAL.



## SUBSTANCE ABUSE

WE ENGAGE IN HARMFUL BEHAVIOR TO GET THINGS



## BEHAVIORAL DISENGAGEMENT

GIVING UP TRYING TO DEAL WITH



## SELF DISTRACTION

I HAVE BEEN TRYING TO WORK OR OTHER ACTIVITIES TO TAKE MY MIND OFF THINGS

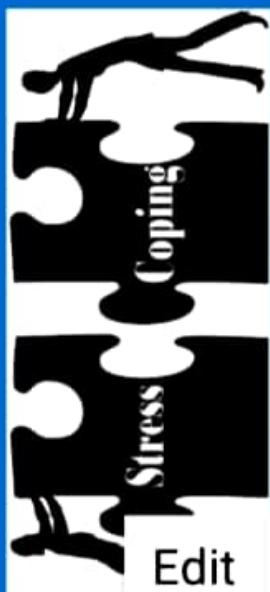
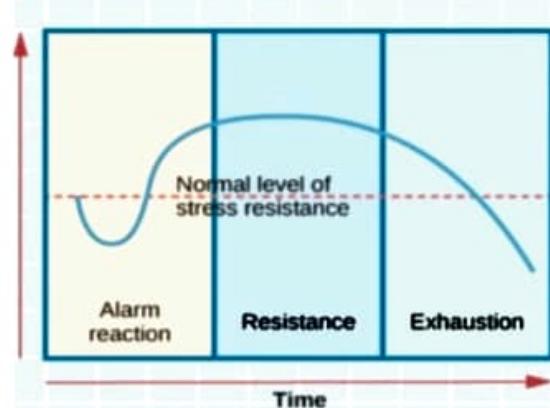


- Adaptation does not involve much cognitive exercise on the part of the organism, while coping calls for it sufficiently.
- Whether an individual opts for adaptation or coping, depends upon the appraisal of the situation, in terms of the external and internal resources available to bring in the desirable changes in the stress-inducing environment.



# General Adaptation Syndrome

Hans Selye, 1956



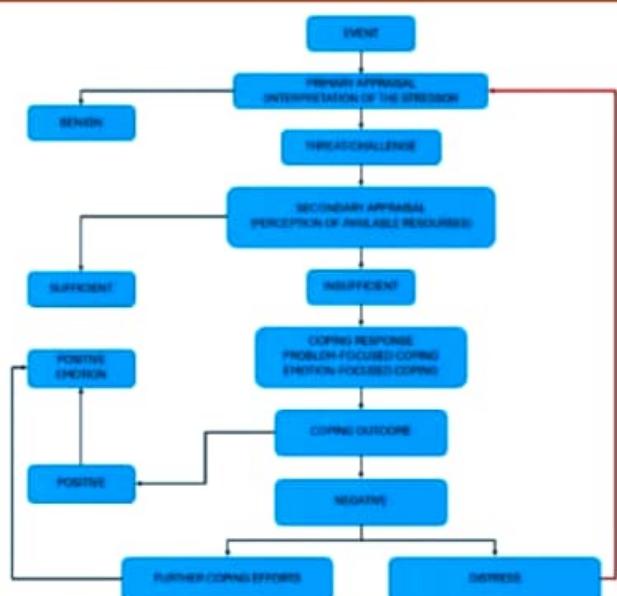
## TRANSACTIONAL THEORY OF STRESS AND COPING

Edit

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New Comment

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## PEOPLE USE ADAPTIVE COPING AND MALADAPTIVE COPING TO DEAL WITH STRESS



### ADAPTIVE COPING

Contribute to resolving the stress response



### MALADAPTIVE COPING

Strategies that cause further problems

Makes things easy now but worse in long run



## ADAPTIVE COPING

- People will be concentrating on their efforts on doing something about the situation they are in.
- They are thinking what are the different sources available, emotional support and instrumental support- **use of emotional support**.
- They look at the situation from a different perspective and make it seem more positive- **positive reframing**
- They accept the reality that has happened- **acceptance**

## ADAPTIVE COPING (CONT.)

### PROBLEM-SOLVING

### REACHING OUT FOR SUPPORT

### CHANGING EXPECTATIONS

# ADAPTATION AND COPING

- Adaptation and coping are processes that can be explained in the context of our environment.
- Both refer to cognitive and emotional involvement aimed at restoring equilibrium or homeostasis that is disturbed because of stress.
- Adaptation can be explained as a process of adjustment to the demands of the environment.
- Here, environment forms the 'stimulus' and adjustment is the 'response'.

- In case of adaptation, the situation or the stressor is presented to the individual, and he responds in a way that suits the situation.
- But the individual is not left with any alternative to change the situation so as to suit him.

DARKNESS → SUSPENSION OF READING ACTIVITY  
S (ENVIRONMENT) → R (ADAPTATION)

- As long as you try to fit yourself to the environment your response is adaptation.





# STRESS AND COPING



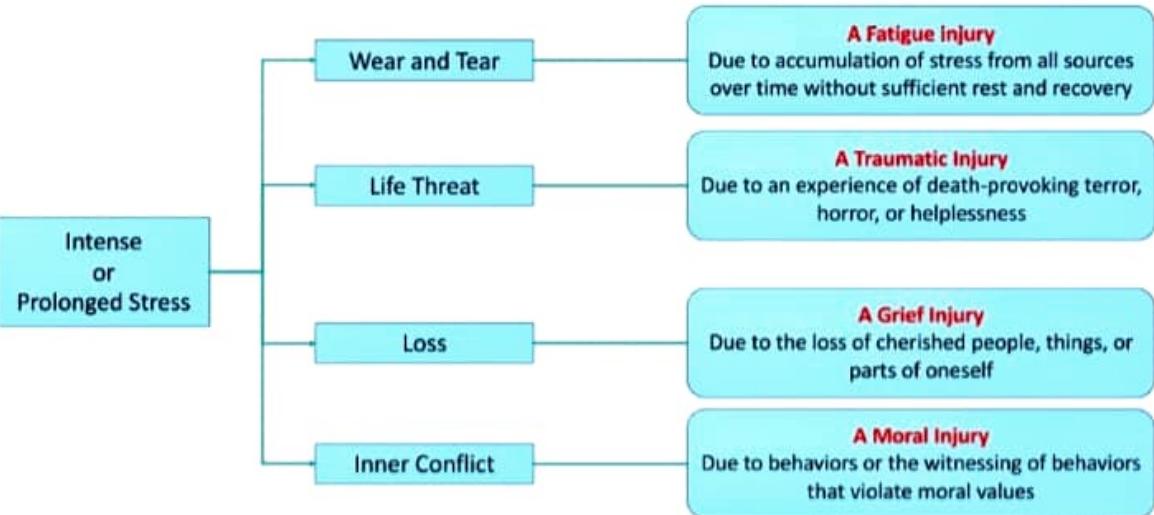
## WHAT IS COPING?...

Coping in simple terms defined as the ways in which an individual tries to deal with the stress experienced by him/her



- Lazarus and Folkman (1980): defined coping as efforts to deal with demands
- Hann (1993): explained coping as an effort directed towards using the resources to overcome the difficulties
- From the above definitions, it is clear that coping is an effort to deal with stressors.
- The coping may aim at dealing with the problem that is the cause of any distress in the individual or negative emotions experienced by him/her

#### FOUR SOURCES OF CHRONIC STRESS



## Impact of Stress on Body

### Physical Symptoms

Headache



Digestive Disorders



Muscle tension/Pain



Fatigue/Lack of Energy



Hair loss



High Blood pressure



Weight gain or loss



Chest pain/irregular Heart Beat



Asthma



Skin Problems



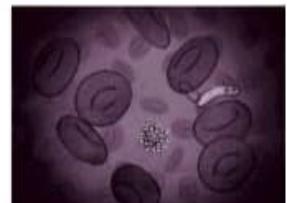
Periodontal Disease



Reproductive problems



Immune system suppression



Dizziness/light-headedness



Weakness



Chills



Fever



Sweatiness



## 5. Positive reappraisal

◎ Coping through positive reappraisal evolves as an aftermath stage in the process of coping. This is a situation where an individual thinks,

'Well, it is all for my own good',

'God's wish was done',

'I never knew it would bring-in such positive result'

'Why did I not accept it at the very beginning?'

'why didn't I think of it earlier?'



## 6. Distancing

- ◎ Distancing refers to that strategy of coping where one tries to make light of the situation. Some of the typical examples are—refusing to get too serious about it; carrying-on as if nothing had happened; or refusing to think too much about it.
- ◎ Such reactions automatically lead to a refusal or avoidance of talking about it. This strategy is adopted when the stakes involved are already lost and not retrievable.



- For example, one of the reactions after an estranged marriage resulting in divorce may be, '**Well, I would rather not talk about it**';
- Or, one may even say playfully, '**Oh! That was just a child's play and we are now grown ups**'.
- In case of an interpersonal conflict coping through Distancing may have a better pay-off because it would be easy to rebuild the relationship with the person with whom one had a conflict.
- However, if one resorts to Distancing in situations where action is called for to resolve a concrete problem, the result will be undesirable.



## 8. Escape–Avoidance

◎ Coping through Escape–Avoidance refers to a situation when the individual runs away from a situation by turning to fantasy or other similar means. The common explanations are—

**'I tried to make myself feel better by eating, drinking, smoking, taking drugs'.**

◎ Here the focus is shifted away from the original problem and is fixed elsewhere.



## 8. Shifting the burden on supernatural element

- ◎ Coping through turning to God or religion is a typical strategy when the stressful event is irreparable in nature, or the loss one faces is irretrievable.
- ◎ Shifting the burden to God or religion pays off in managing acute emotions.
- ◎ This strategy is also adopted in other situations where the person's locus of control is external.

Common expressions of this strategy of coping are,

- 'I prayed to God',
- 'I vowed to fast',
- 'I changed my religion',
- 'I joined the "Guru"',
- 'I read *Bhagavad Geeta*'
- 'I visit the temple every day',
- 'I vowed to do 108 "*pradakshina*"'



## 9. Denial

- Denial is perceived as the least adaptive strategy to cope with illness-related stress.
- Denial of reality drives a person to turn away from the reality
- Research shows denial as a coping mechanism is associated with poor physical and mental health.



## 9. Denial

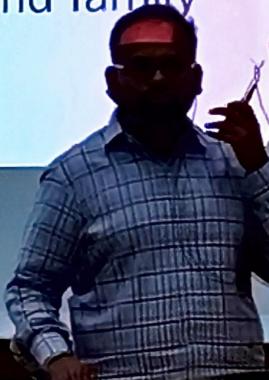
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Eg: A loved one may insist that she doesn't have a problem with alcohol, despite the fact that it interferes with work and family life.



## 10. Mental Disengagement

- The “disengagement” category of coping involves strategies that are aimed at diverting from the stressor and/or its related emotions.
- The “engagement” category of coping reflects coping strategies in which “a person takes charge in tone”
- People who use disengagement coping generally are not able to deal with the stressor and as a result are more likely to experience the negative consequences of the stressor compared to people who engage in more active coping strategies



- People who actively deal with the situation at hand, are more likely to experience that they are in charge of the situation and are able to change something about it, whereas those that avoid or ignore stressful events experience a lack of possibilities to confront the stressor

E.g. Not attending classes regularly because of the fear of exams



## 11. Accepting responsibility

- ◎ Taking responsibility for your actions involves owning up to the positive and negative consequences of your choices and behavior, rather than attributing them to external factors or other's actions.

SILENCE  
YOUR  
INNER  
CRITIC



## 11. Accepting responsibility

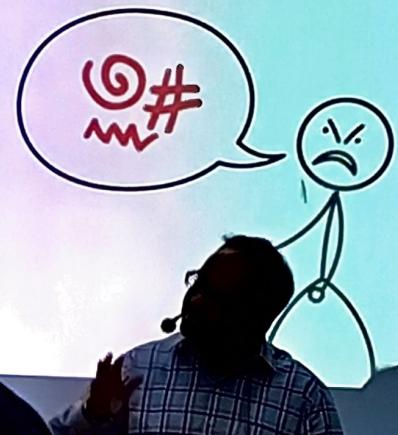
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- ◎ Allow yourself to feel negative emotions when they arise, but try your best not to blame others, the world, or other elements outside your control.





stress relief

# STRESS MANAGEMENT TECHNIQUES



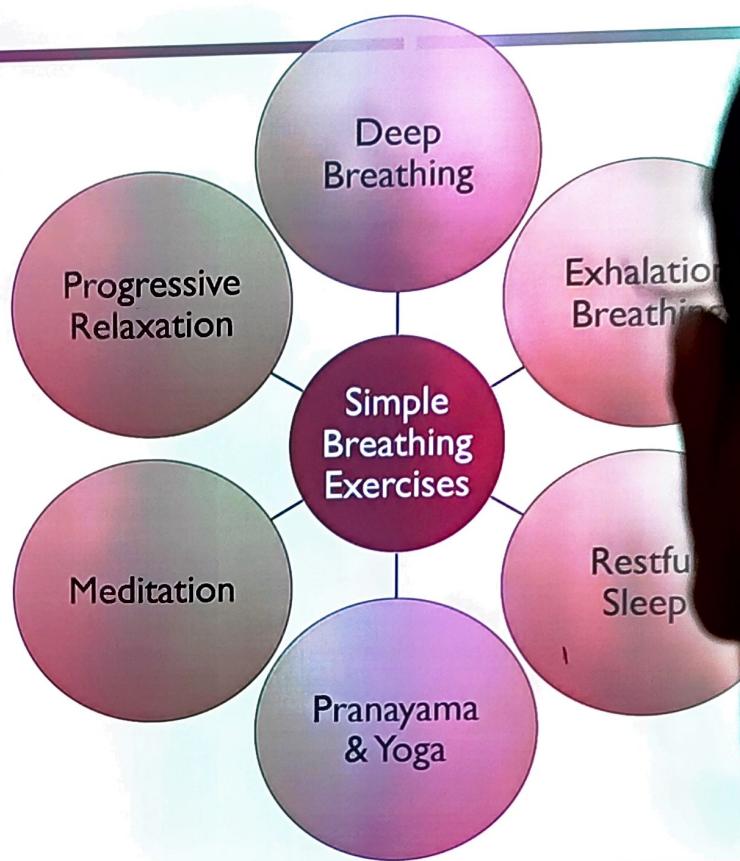
- **Stress Management:**

- Stress and coping are packed into our day-to-day life.
- Encountering stress and coping with it becomes so common and frequent that sometimes it passes as a part of our daily routine.
- In the busy urban life, the fact that the stress levels overshoot the optimum stress level often goes unnoticed by the individual experiencing it.
- The consequences of a prolonged experience of stress may have their own impact on the physical, psychological and behavioral dimensions of the individual.

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- In the busy urban life, the fact that the stress levels overshoot the optimum stress level (OSL) goes unnoticed by the individual experiencing it.
- The consequences of a prolonged experience of stress may have their own impact on the physical, psychological and behavioral dimensions of the individual.
- The outcome of these may also have their influence on the professional and social life of the individual.
- The reason for advocating effective stress management is to prevent and overcome the adverse impacts of stress and restore well-being.

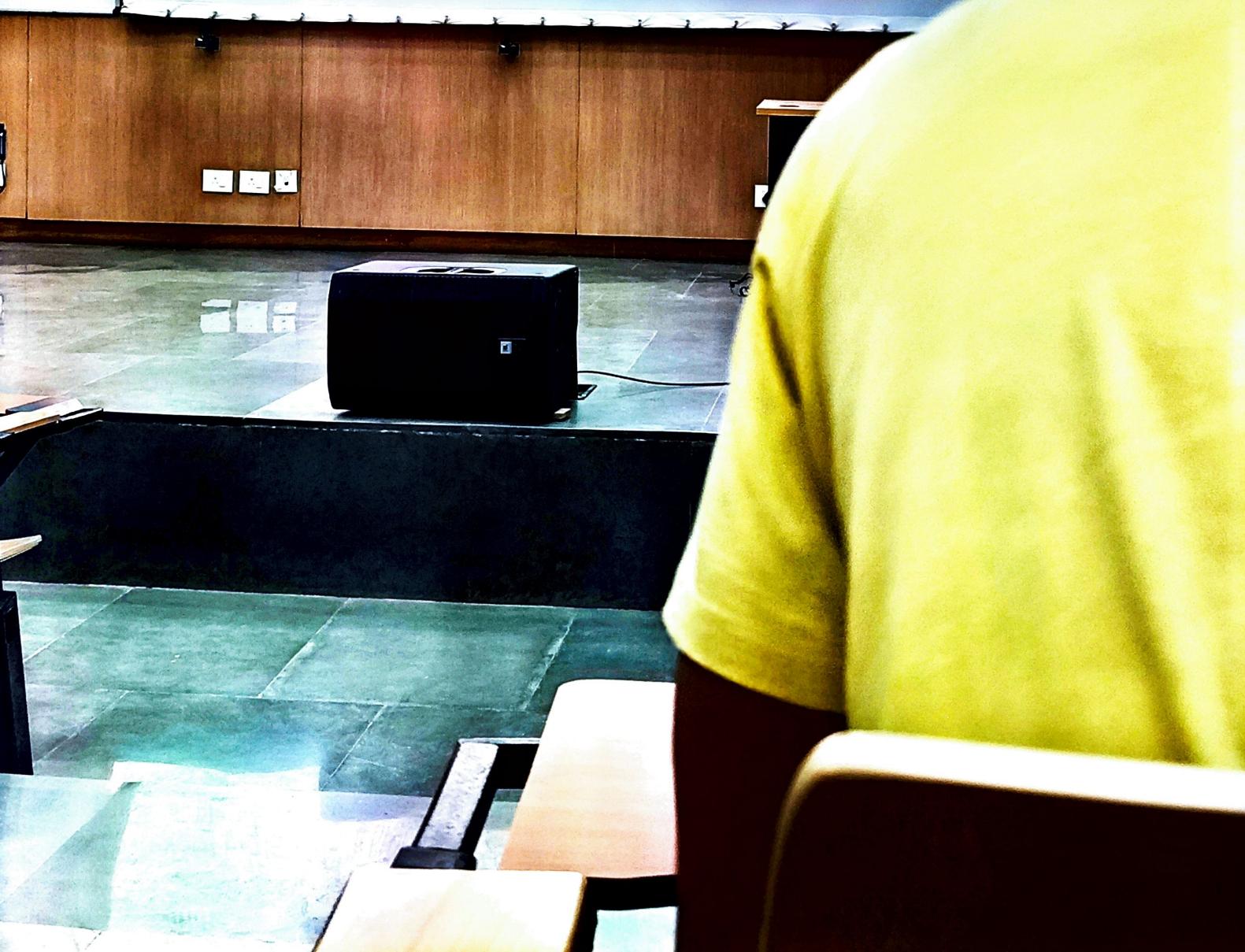
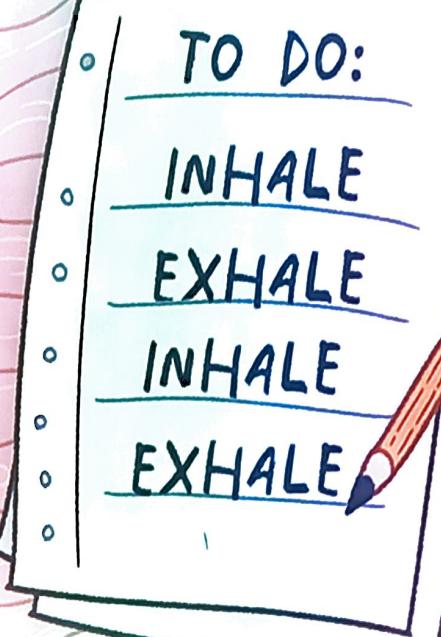


# PHYSICAL SKILLS



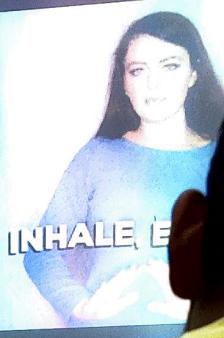
# DEEP BREATHING

- This can be done anywhere and anytime.  
If you feel overworked in the office,  
while watching television,  
travelling in a bus or train,  
waiting for your turn at a counter.
- Deep breathing provides extra oxygen to the blood.
- This in turn re-energizes the body and promotes relaxation.



## EXHALATION BREATHING

- This technique slows your breathing and calms you down.
- By practicing this, you are likely to attain a slow rhythm in your natural breathing. This in turn helps you to remain calm.
- Breathe in and out slowly, gradually extending your exhale until it gets twice as long as your inhale



## STRETCHING EXERCISE

- This exercise is effective for those involved in long hours of a sedentary job.
- The long rigid postures assumed while working on computers, doing deskwork or assembly line work creates tension in certain muscular points.
- Doing stretching exercise intermittently helps release muscular tension and rigidity.
- If done correctly, this helps in reducing stress and promoting relaxation. One should be careful not to bounce while stretching, so as not to injure the muscles.



## RESTFUL SLEEP

- Sleep is essential for the rejuvenation of body cells and metabolic functioning.
- One golden rule to fight sleeplessness is '**do not even try to sleep**'.
- The best thing is to get out of the bed and sit in a comfortable chair. One may choose to read a book, watch television, play solitaire or take up some simple relaxing activity like filling water into bottles, or filing and painting your nails.

SLEEP WELL



- Stay awake as late as you like.
- Before you realize you would find yourself dozing, if not falling asleep.
- The idea is to divert your body and mind from the anxiety of not being able to sleep.



 Alternate nostril Breathing

Nadi Shodhana

TUTORIAL



## MEDITATION

- Refers to the mental technique for quieting the body and mind.
- Scientific research on the benefits of meditation was initiated by Maharshi Mahesh Yogi and popularized by Western scientists.
- Coon (2000) claimed that any enjoyable hobby such as listening or playing music or taking nature walks can be meditation of sorts.



## STEPS

- Sit comfortably with the eyes closed.
- Initially, the mind wanders and fluctuates wildly.
- Gradually, it turns still and you can experience a state of 'restful awareness'.



- Adopt a passive attitude of 'What happens, happens'.
- Select a quiet non-disruptive environment (For example, do not have the phone in the room, do not face a light directly).
- Do not eat an hour prior to meditating and avoid caffeine and nicotine two hours before meditation.
- Take a comfortable posture. It is alright to change positions, stretch or yawn.

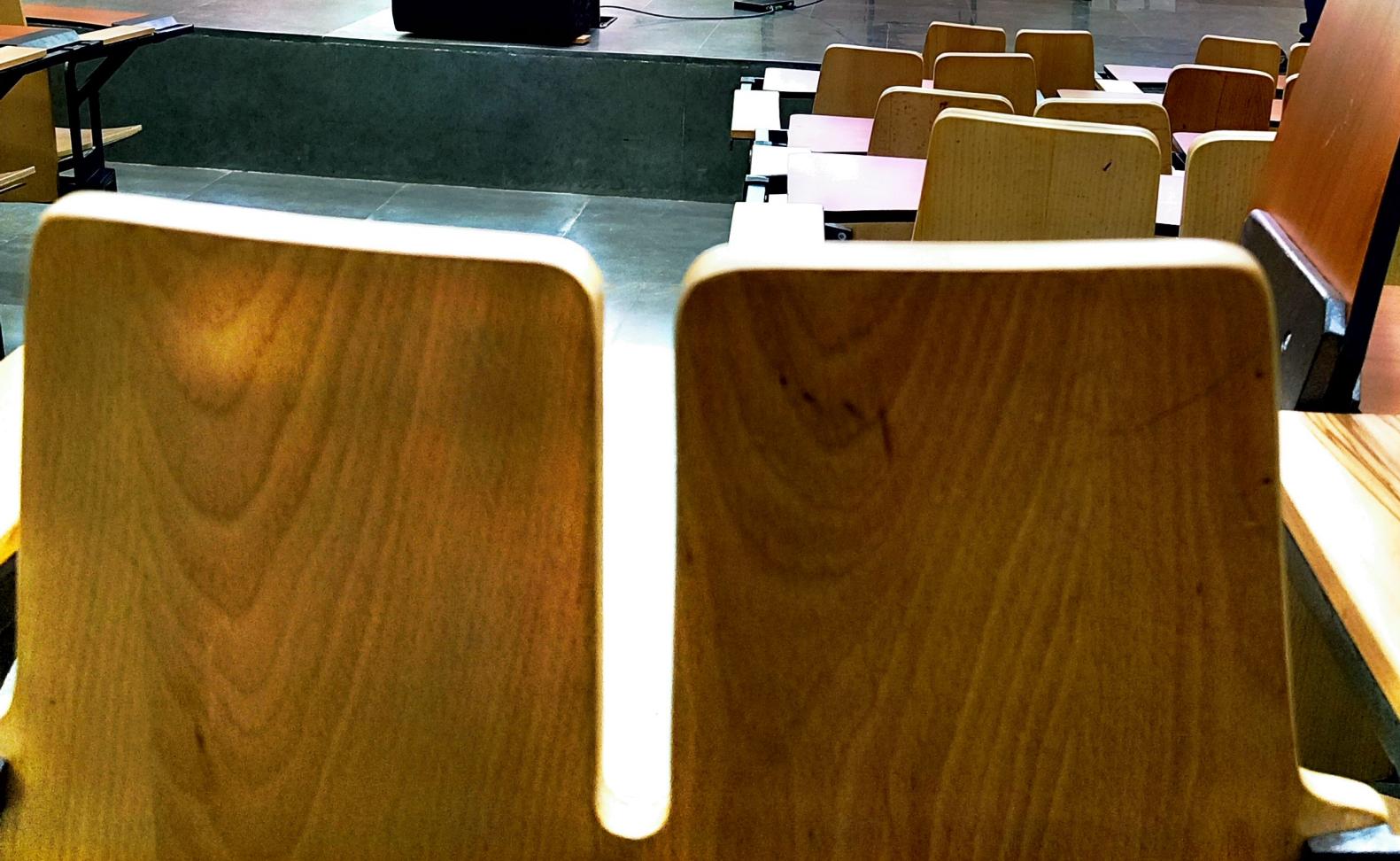


- It may go louder and softer or disappear for sometime.
- If disruptive thoughts disturb you, let them pass through. Do not try to avoid them or handle them.



## PROGRESSIVE RELAXATION

- The learning process of increasing relaxation to a new level is facilitated by progressive relaxation.
- This not only helps in managing the physical symptoms of stress like headaches and hypertension, but also reduces anxiety, irritability and depression.



## DON'Ts

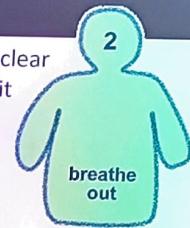
Put yourself in a position to fall asleep



Allow yourself to feel groggy or sleepy. (If you start feeling asleep open your eyes and sit up. When you are ready return to relaxation position)



Think your way into tension. (If you cannot clear your mind, take a long deep breath and let it out slowly)



Expect yourself to relax all at once. Like any other physical exercise you must practice letting go step by step



Smoke before, during or after relaxation as it tightens lung tissues and blood vessels. Let your body breathe.



## Mental Skills

The method  
of thought  
Substitution

Guided  
Imagery

Ventilate your  
Feelings

Mental  
Skills

Reaching the  
point of  
Satiation

Irrational  
Thought  
Control



## GUIDED IMAGERY

- This is a technique wherein people are trained to visualize images that are pleasant and relaxing

- You may sit quietly and imagine:

The experience of pleasant solitude on the seashore,  
The green trees and chirps of birds in a deep forest you  
visited in your childhood.

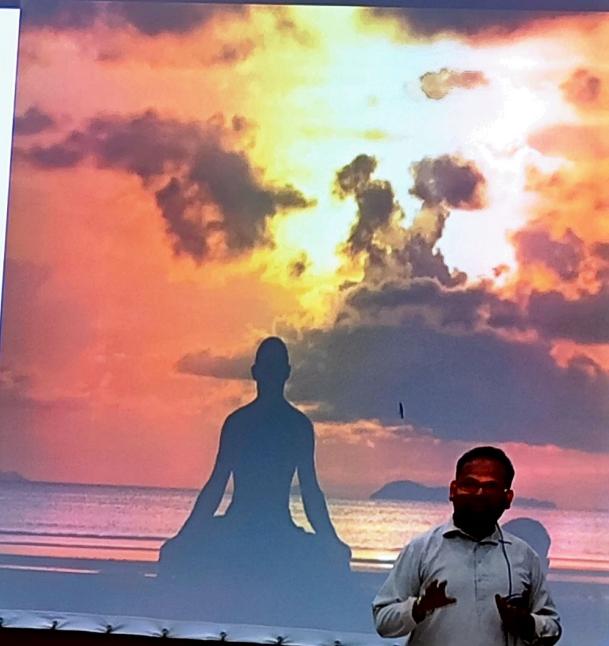
You can visualize the serene sunrise you enjoyed during  
boating on a calm river.



- Thus you imagine not only the visuals of the place but also feel every sensation. Try to make the image as vivid as possible.
- When you recall such pleasant imagery, the associated pleasant feelings also come in automatically, soothing the mind from any tension or anxiety.



- To use imagery to reduce stress, find a quiet place to sit without any distractions.
- Close your eyes and breathe deeply.
- Concentrate on the chosen relaxing image.
- It does not matter what that image is as long as you picture yourself in the image.



## REACHING THE POINT OF SATIATION

- In this method, you may allow upsetting thoughts to creep in quietly and peacefully.
- Indulge yourself in imagining the dreadful consequences of the event.
- Allow a free flow of imagination, where you travel from bad to worse and the worst.
- Do it in a single sitting.
- Before you realize, you will find yourself reaching a point where your imagination of the worst possible consequence stops.



## THE METHOD OF THOUGHT SUBSTITUTION

- The second way of avoiding upsetting thoughts is to substitute the negative thought either with a positive one or at least a neutral thought.
- A negative and upsetting thought cannot be pushed out.
- This will create a vacuum.
- You must try to fill the vacuum with a substitute.
- Tell yourself that there are other possible outcomes of the stressful event.



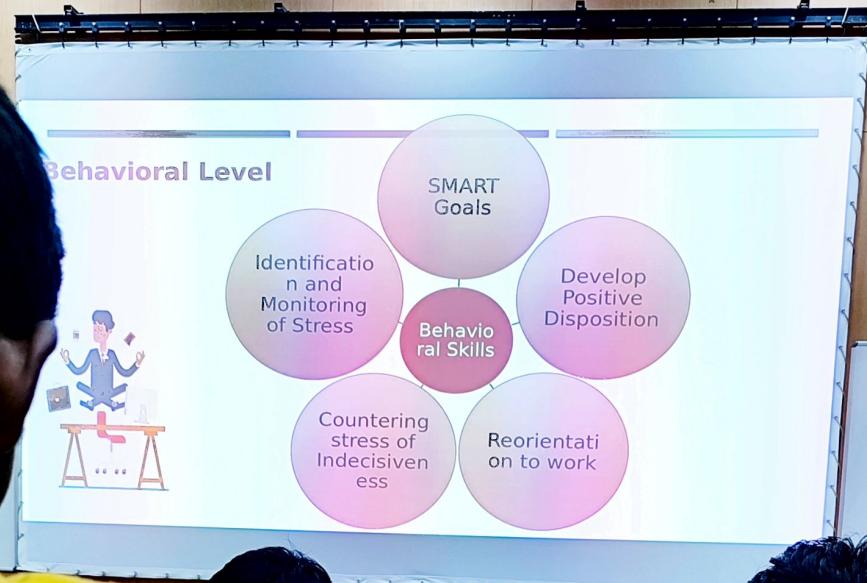
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- Think of those neutral, harmless or less harmful possible effects of the event.
- Continuous thought substitution may train the mind and body to be resistant to stress. However, this must be practiced carefully by using discretion. Situations calling for emergency response cannot afford such reactions.







## □ Specific

- Eg: 'I will be a changed person' : non-specific.
- 'I will not shout at my wife' : specific and hence verifiable.



MEET

IEC

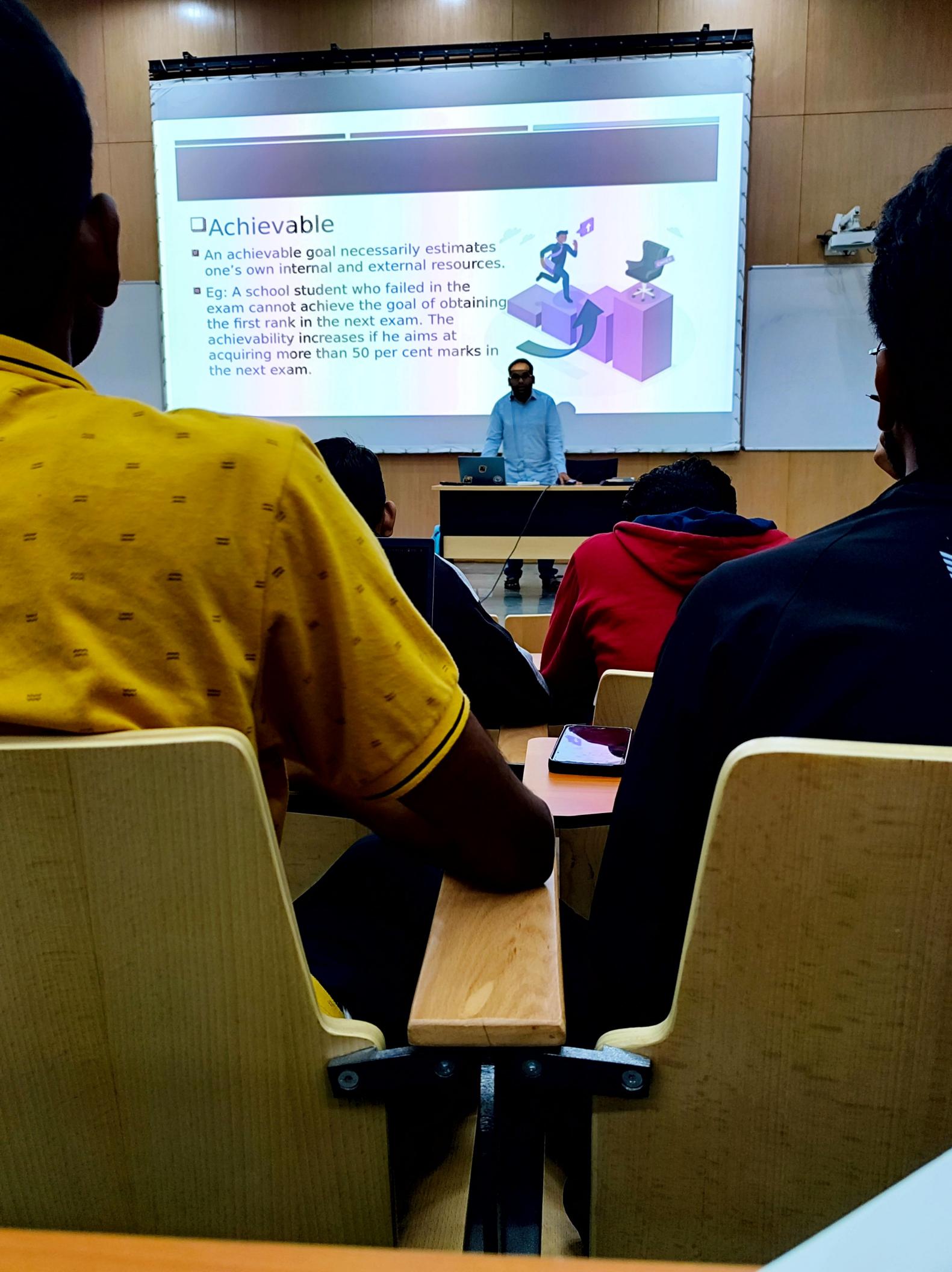
## ❑ Measurable

- 'I will improve my knowledge base' : general and also not measurable.
- The alternative measurable goal would be, 'I will read at least two research articles on my topic everyday.'



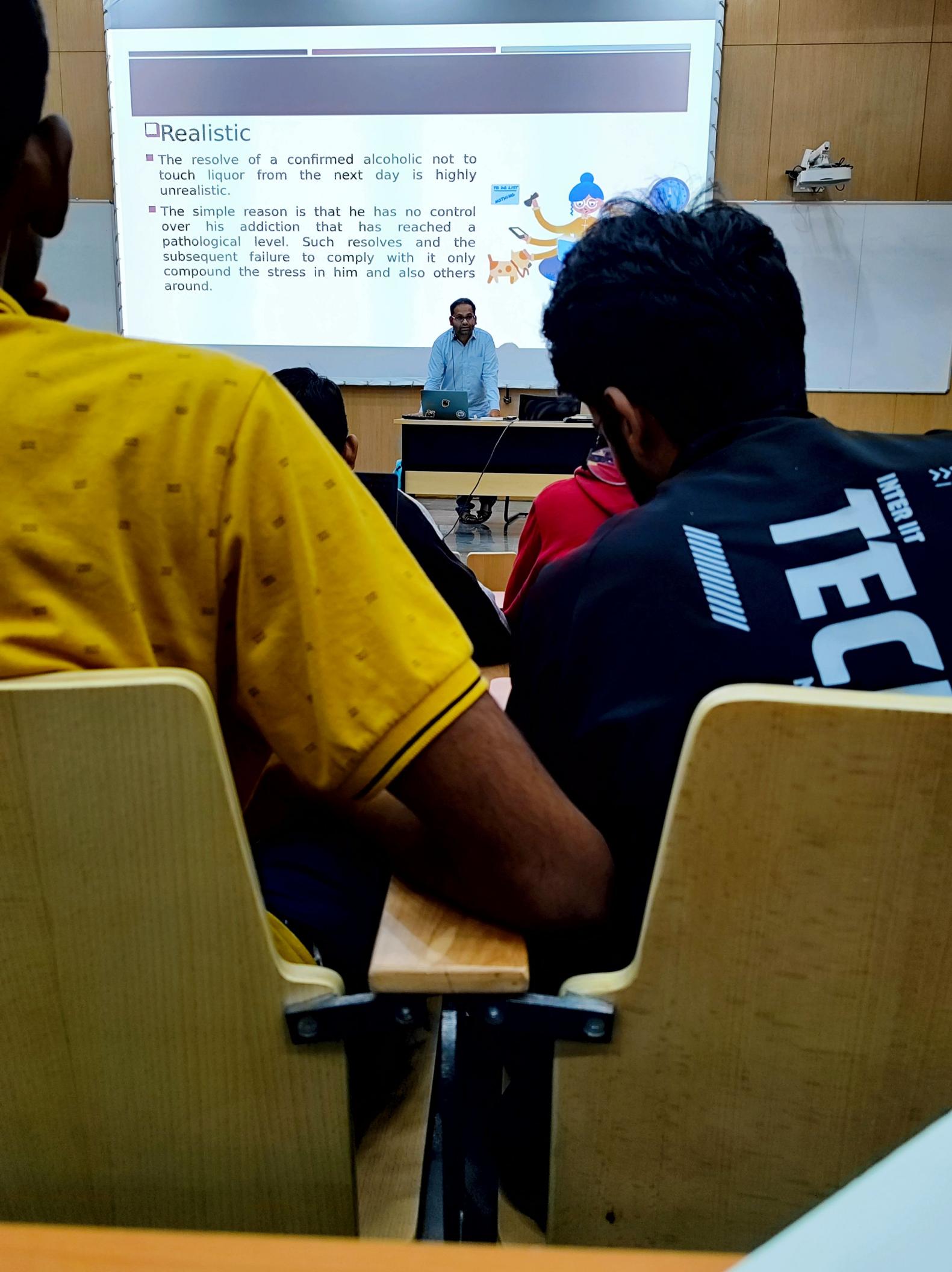
## Achievable

- An achievable goal necessarily estimates one's own internal and external resources.
- Eg: A school student who failed in the exam cannot achieve the goal of obtaining the first rank in the next exam. The achievability increases if he aims at acquiring more than 50 per cent marks in the next exam.



## ❑Realistic

- The resolve of a confirmed alcoholic not to touch liquor from the next day is highly unrealistic.
- The simple reason is that he has no control over his addiction that has reached a pathological level. Such resolves and the subsequent failure to comply with it only compound the stress in him and also others around.



## ❑ Timeline

- Goals without any time lines are found to be non-specific and not measurable.
- A goal such as, 'I must submit the accounts as soon as possible' does not help in reducing stress.
- On the other hand, a slightly different goal that says, 'I must submit the account before 15 March', is more action driven because of the time line.



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## DEVELOP POSITIVE DISPOSITION

- One major reason for this is a tendency to over-estimate one's own capacity and assume a 'superman' or 'superwoman' role in executing every bit of the task.
- Doing one thing at a time enhances the efficiency and quality of work while reducing stress.



INTER IIT  
TECH  
MEET

## ELOP POSITIVE DISPOSITION

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- Doing one thing at a time enhances the efficiency and quality of work while reducing stress.



A highly task-oriented person may set high standards and be critical of those who tend to commit mistakes.

By doing so, the stress levels shoot up not only for those who receive criticism, but also for those who criticize.



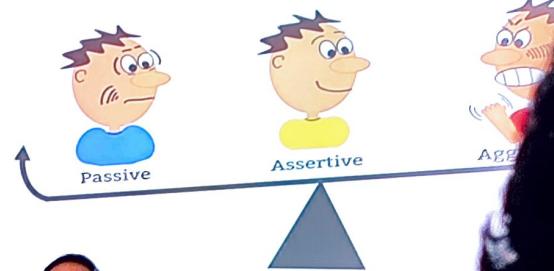
## REORIENTATION TO WORK

- Demands from various sources, pressure of time lines and conflicts cause a high degree of stress.
- There may be times when professional demands, family problems and social obligations independently call your undivided attention.

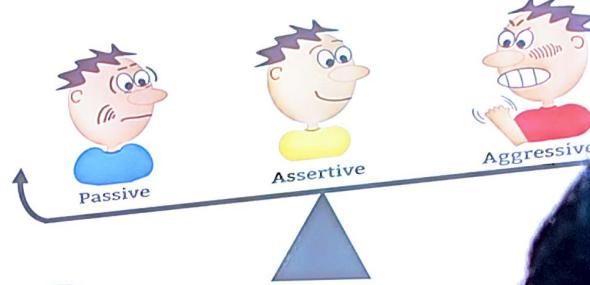


- 
- Time management techniques are most crucial here.
  - It is essential to set clear priorities and be assertive about postponing the low priority tasks.
  - For example, when you are in the middle of preparing a project report, and a colleague just barges into your room to 'spend time' because s/he is ten minutes early for a meeting in the conference hall of your floor, you feel hesitant to communicate to the colleague that you cannot pay attention to him/her.

- Such inability on our part are prone to hamper schedules and induce stress.
- Assertiveness training is helpful in circumventing such circumstances.



- Such inability on our part are prone to hamper schedules and induce stress.
- Assertiveness training is helpful in circumventing such circumstances.
- We should tell ourselves several times that we will effectively communicate our priorities to the intruders.
- Interruptions and intrusions should be handled with rehearsed assertiveness.



## SMART GOALS

- Many a time we experience stress because of unrealistic goals, either set by others or by ourselves.
- In order to avoid a wide gap between the aspired and the achieved goal, it is imperative to consider one's own abilities in attaining the goal.
- The rule of the thumb is to take the SMART path.



## COUNTERING THE STRESS OF INDECISIVENESS

- Decision-making is very difficult when one is under stress.
- The indecisiveness in turn precipitates stress.
- These problems of decision-making and stress are mutually contributing factors.
- Their mutual nurturance normally results in enhancing the state of confusion and anxiety.
- The best way to break this vicious cycle is through directed behavior.



- Take a piece of paper and a pencil.
- Write down the full narration of the problem.
- Divide the problem in to
- **Description**
- **Stakes involved**
- **Alternate decisions**
- **Consequences**



## IDENTIFICATION AND MONITORING OF STRESS

- There is a chance that individuals remain stressed for long periods.
- Before the stress induced by one incident slopes down, another related or unrelated incident might trigger further stress.
- Continuation of such major or minor incidents fixes an individual in a stressed condition for a long duration, without a pointed awareness of stress-inducers.

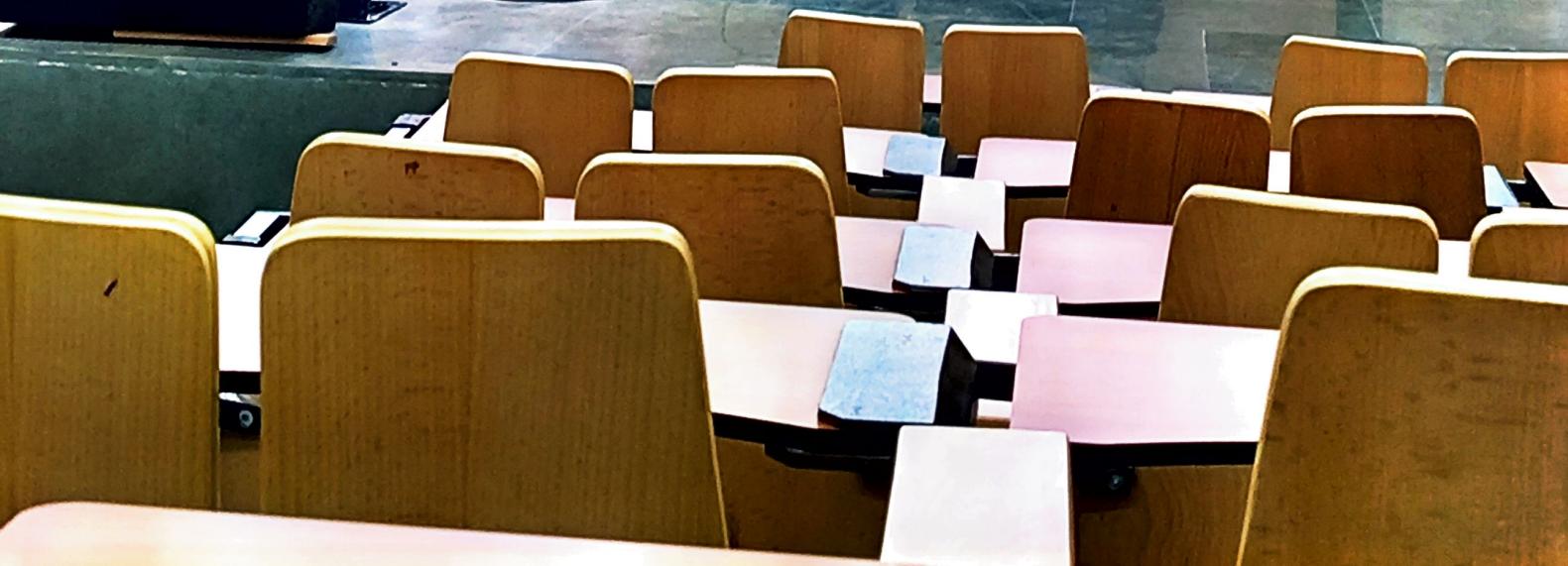
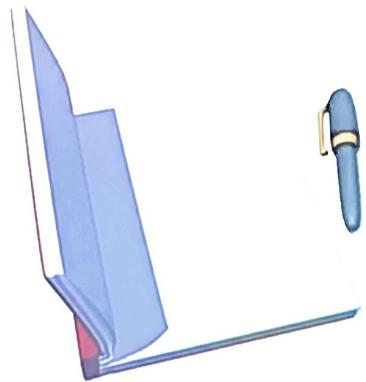


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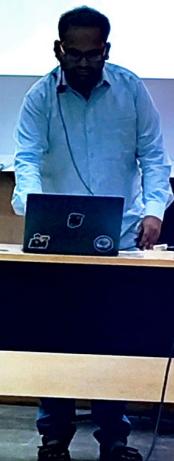
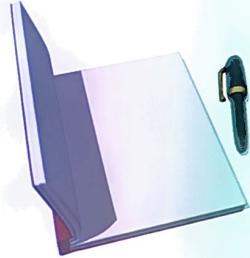
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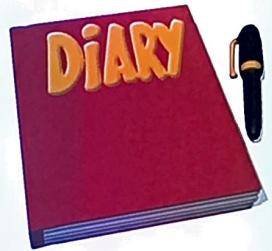
- An easily monitored form of stress management is maintaining a stress diary.
- Each date on the calendar may be divided into five columns, such as, the incident, seriousness, people involved, stakes involved and the action taken up.
- Briefly describe the incident in column one.



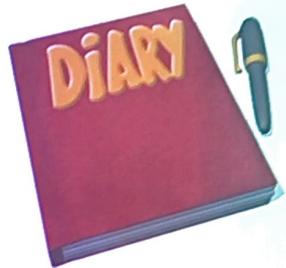
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- Briefly describe the incident in column one.
- Assess the degree of seriousness of the incident in the second column.
- Identify and record the people immediately and remotely involved in the incident, naming them separately under 'direct and indirect involvement'.



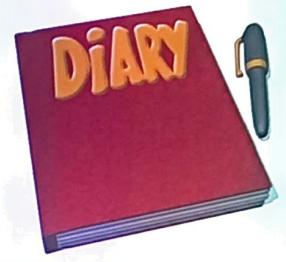
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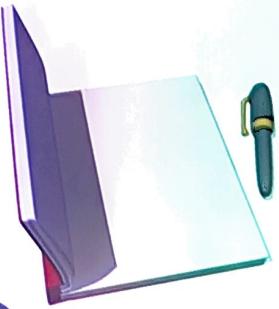
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- Identify and record the people immediately and remotely involved in the incident, naming them separately under 'direct and indirect involvement'.
- Record your response in the last column.



- Cultivate the habit of reading this diary once a week or fortnightly.
- This helps in identifying your major events or people as sources of stress.



- Cultivate the habit of reading this diary once a week or fortnightly.
- This helps in identifying your major events or people as sources of stress.
- Such a close monitoring of stress helps as a good diagnostic technique, kindling the motivation in you to change your strategies for a productive outcome.



**b) sections:****1. Stress:**

Meaning and nature of stress, types of stress (distress and eustress), physiological response to stress, general adaptation syndrome, transectional theory of stress. Sources of stress: internal, external and systemic factors. Impact of Stress (physical, emotional and behavioral)

**2. Coping:**

Meaning and definition,

**Types:**

- a. adaptive : confrontive coping ,planful problem coping style, seeking social support, accepting responsibility, positive reappraisal

- b. Maladaptive : Distancing, Escape avoidance, denying, mental disengagement

**3. Stress Management technique:**

Managing stress through physical skills. (simple breathing exercises, deep breathing exercises pranayama, yoga, meditation, progressive relaxation)

Managing stress through mental skills

(guided Imagery, ventilation of the feelings, irrational thought control, reaching the point of saturation , the method of thought substitution)

**Stress management at the behavioural level.**

(Smart goals, Develop positive disposition, reorientation to work, countering the stress of indecisiveness, Identification and monitoring of stress)

