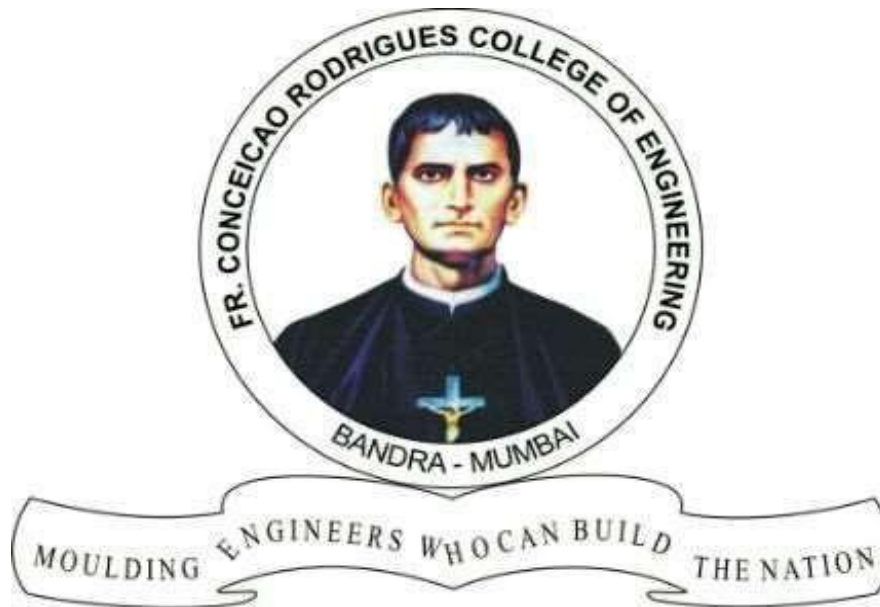


Fr. Conceicao Rodrigues College of Engineering
Bandra (West), Mumbai 400050



Business Communication and Ethics
Department of Information Technology Engineering

A project report on

“Increasing stress and its impact”

Supervised by:
Dr. Joseph Rodrigues
Department of Humanities and Science
August 2018

A report on

“Increasing stress and its impact”

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PREFACE

This document entitled “Increasing stress and its impact developed by group of 6 people, covers the detailed and high level documentation related to our Business Communication and Ethics Presentation at Fr. Conceicao Rodrigues College of Engineering.

We observed and experienced first hand the stressful experiences one encounters in their adolescence and how many youth struggle to cope with this stress.

Due to this reason we decided to choice this topic and discuss “Increasing stress and its impact”. This report is intended for use in basic understanding of the topic. The report is self-contained and thus gives all the aspects of the related topics.

Our group would also like to acknowledge Fr. Conceicao Rodrigues College of Engineering and involved staff for providing us with this opportunity and a platform to improve our presentation skills.

ACKNOWLEDGEMENT

We would like to place on record the tremendous help that we have received from various people while making this report

We express our deepest gratitude to **Dr. Joseph Rodrigues** for acting as a guide and providing us with continuous support and guidance.

This report could not have been possible without the inputs and words of wisdom, for which we shall always be very grateful to our professor.

FORWARDING LETTER

Dr. Joseph Rodrigues

Fr. Conceicao Rodrigues College of Engineering

Bandra (West)

Mumbai – 400050

Respected Sir,

Here is the project report on “INCREASING STRESS AND ITS IMPACT” which you have asked us to do.

We have done a good amount of research for our topic. We have come to realize the current condition of our youth and how much more improvement is needed in terms of their health and well-being. Our research includes understanding the situation regarding stress and stress related problems in today's youth, This report aims on making everyone aware of the magnitude of the issue of stress and taking small steps towards overcoming these problems.

We at Fr. C.R.C.E., appreciate having this assignment. We would like to thank you for giving us this opportunity and for providing proper guidance in our endeavor. This has been a learning process and is definitely going to help us in our future projects.

Yours sincerely,

Students of TE INFORMATION TECHNOLOGY

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ABSTRACT

Stress is a feeling that everybody has or will have to face in their lives. It is what one would call, inevitable. Stress has evolved over time into an extremely dangerous condition that must not be ignored anymore. But while stress grows silently, eating at us from the inside, we chose to remain oblivious to the threat it poses. Various studies have established that millennials are the most stressed generation. While finance plays the part of a stressor across all generations, millennials now face more challenging situations ranging from a highly competitive academic atmosphere, to difficulties in managing a social life, to changing political and ideological landscapes and even the very much real apocalyptic climate change issues.

So yes, we all suffer from stress, some toxic, some not. But what can we do about it? A lot can be done to cope with stress most of which would be lifestyle choices,

But what do we DO about it? Laugh it off, make jokes about it and normalize stress related issues which need to be taken seriously.

In this report we attempt to shed a light on the gravity of the subject ,create awareness about its dangers and suggest a few proven ways of tackling this problem.

INTRODUCTION

Stress is a state of mind we are quite familiar with. Something as small as breaking the ice amongst strangers or as big as seeing your loved one facing problems makes us stressful. Stress can help us complete an assignment before the deadline or morph into depression. One can say it is a boon and a bane. And we can never be sure how much stress someone else might 'feel' for the above situations owing to its qualitative nature.

When we train ourselves to manage life's daily stressors, stress affects us minimally or positively. On the contrary, one not well equipped with dealing with stress would be negatively affected by stress and in the long run they might affect not only themselves but also those present in their surroundings to an extent. Stress is polymorphic. The older generations would be anxious for reasons that include but are not limited to constant war tensions, individual and regional economic instability, constant fear of life and more. As humanity drifts towards the concepts of love and peace over the world, these reasons faded on the minds of individuals but stress came in the form of competition and ambition, majorly in developed countries; acing the exam, finding a job, meeting the perfect partner/soulmate. And now, with the Internet in the picture, we have increased our spectrum of choices and maybe also worries. The younger generation has gotten entangled into the 'web' and need constant validation and social acceptance on social networking sites, leading to feeling stressed or depressed. Nonetheless, these stressors when seen in a different light, aids in our success, in being triumphant. Many a times, technological leaps and innovative ideas in history are the products of stress and we today relish this fruit. This might make us wonder if we must condemn stress if it takes us to satisfaction ?

But before answering that, let's take a step back and dive into the inner details and understand why are we stressed and how does stress look like to a scientist? How does it affect us, both short and long term? Is it something we humans are cursed with from the day we are born or can we handle it?

TYPES OF STRESS

Stress can be defined as the body's response to certain situations that one faces. This response is basic and natural. It's subjective, so something that is stressful for one may not be stressful for someone else. There are many different kinds of stress and not all of them are bad. For an instance, Stress can help you act quickly in an emergency or help you meet a deadline.

Stress can affect your physical and mental health, and your overall behaviour. The changes in the body depends upon the type of stress that one may experience when he/she faces some difficult situation. The pressures and demands of modern life may put your body in a heightened state for a long period of time, which leads to the following types of stress:

1)Acute stress:

Acute stress is the most common type of stress. It's your body's immediate reaction to a new challenge, event, or demand, and it triggers your fight-or-flight response. It comes from demands and pressures of the recent past, anticipated demands and pressures of the near future. Acute stress isn't always negative. It is thrilling and exciting in small doses, but too much is exhausting. Fortunately, acute stress symptoms are recognized by most people. The most common symptoms are:

- Emotional distress which leads to depression.
- Muscular problems including tension headache, back pain, jaw pain, etc.
- Stomach, gut and bowel problems such as heartburn, acid stomach, etc.

As it is short term, acute stress doesn't have enough time to do the extensive damage associated with long-term stress. But it does take a toll on the body which affects the mental and physical health of the victim.

2)Episodic acute stress:

When acute stress happens frequently, it's called episodic acute stress. People who always seem to be having a crisis tend to have episodic acute stress. It is common for people with acute stress reactions to be over aroused, short-tempered, irritable, anxious and tense. Often, they describe themselves as having "a lot of nervous energy". Mostly, people who are "worry warts" or pessimistic or who tend to see the negative side of everything are the victims of episodic acute stress. The symptoms of episodic acute stress are the symptoms of extended over arousal: persistent tension headaches, migraines, hypertension, chest pain and heart disease. Sufferers can be fiercely resistant to change.

3)Chronic stress:

If acute stress isn't resolved and begins to increase or lasts for long periods of time, it becomes chronic stress. While acute stress can be thrilling and exciting, chronic stress is not. This is the grinding stress that wears people away day after day, year after year. Chronic stress destroys bodies, minds and lives. It wreaks havoc through long-term attrition. Chronic stress comes when a person never sees a way out of a miserable situation. It's the stress of unrelenting demands and pressures for seemingly interminable periods of time. With no hope, the individual gives up searching for solutions. It can stem from such things as poverty, a

dysfunctional family, etc. Chronic stress can be detrimental to your health and may even lead to death, as it can contribute to several serious diseases or health risks, such as heart diseases, cancer, lung diseases, accidents and even suicide. Because physical and mental resources are depleted through long-term attrition, the symptoms of chronic stress are difficult to treat and may require extended medical as well as behavioural treatment and stress management.

Dr. Karl Albrecht, a management consultant and conference speaker based in California, has classified stress into four categories based on the situations that one faces in real life. Albrecht's four common types of stress are:

1. Time stress:

You experience time stress when you worry about time, or the lack thereof. You worry about the number of things that you have to do, and you fear that you'll fail to achieve something important. You might feel trapped, unhappy, or even hopeless.

Common examples of time stress include worrying about deadlines or rushing to avoid being late for a meeting.

2. Anticipatory stress:

Anticipatory stress describes stress that you experience concerning the future. Sometimes this stress can be focused on a specific event, such as an upcoming event that you're going to organise. However, anticipatory stress can also be vague and undefined, such as an overall sense of dread about the future, or a worry that "something will go wrong."

3. Situational stress:

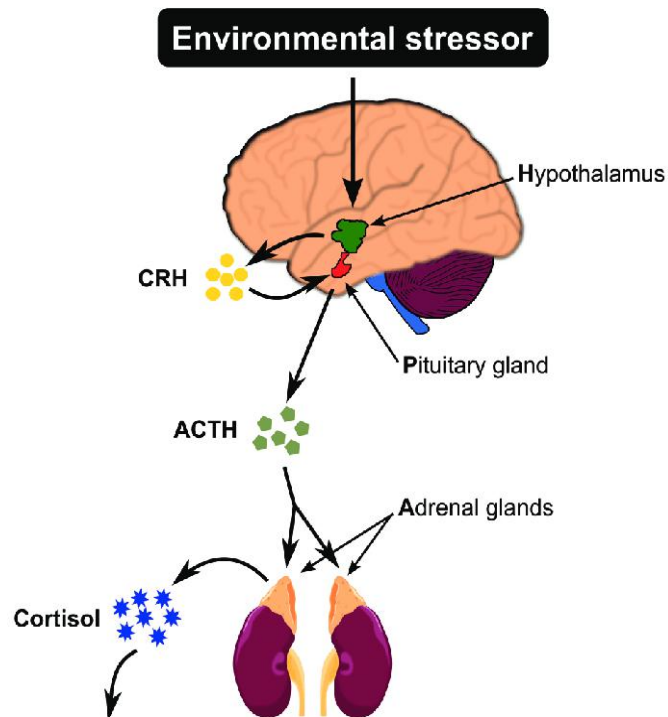
You experience situational stress when you're in a scary situation that you have no control over. This could be an emergency. More commonly, however, it's a situation that involves conflict, or a loss of status or acceptance in the eyes of your group. For instance, getting laid off or making a major mistake in front of your team are examples of events that can cause situational stress.

4. Encounter stress:

Encounter stress revolves around people. You experience encounter stress when you worry about interacting with a certain person or group of people – you may not like them, or you might think that they're unpredictable.

Encounter stress can also occur if your role involves a lot of personal interactions with customers or clients, especially if those groups are in distress. For instance, physicians and social workers have high rates of encounter stress, because the people they work with routinely don't feel well, or are deeply upset. This type of stress also occurs from "contact overload": when you feel overwhelmed or drained from interacting with too many people.

BIOLOGY OF STRESS



A stressful situation causes a lot of reactions in the body ranging from breathing quickening to heart rate increasing. A stressor triggers a cascade of hormones that produce several well-orchestrated physiological changes.

The reaction to stress evolved from the primitive reaction called fight-or-flight that our predecessors experienced in dangerous life-threatening situations. Their two choices were staying and facing the danger or fleeing away from it and this choice had to be made as quickly as possible, and this was possible due to a series of rapid biochemical reactions being triggered in the brain and the adrenal glands. Over time this reaction developed to be triggered by less dangerous situations and became the body's overreaction to stressful situations.

The biological process of stress:

The stress response mechanism begins in the brain. When someone confronts a stressful situation, the eyes or ears or both send the information to the amygdala, the area of the brain responsible for emotional processing. The amygdala interprets the images and sounds and when it perceives danger, instantly sends a distress signal to the hypothalamus.

The hypothalamus is the command centre of the brain, communicating with the rest of the body through the autonomic nervous system which controls involuntary body functions.

The autonomic nervous system has two parts, the sympathetic nervous system and the parasympathetic nervous system. The former acts as the gas pedal to the stress response (triggering the fight-or-flight response) while the latter is the brake (promoting the rest-and-digest response).

The short term responses are produced via the Sympathomedullary Pathway (SAM) while long term stress is regulated by the Hypothalamic Pituitary-Adrenal (HPA) system.

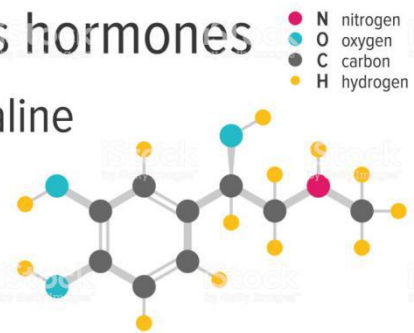
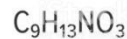
The hypothalamus activates the **Sympathomedullary Pathway (SAM)** by stimulating the adrenal medulla which is part of the ANS. The adrenal medulla is responsible for producing the hormone adrenaline and noradrenaline which provides the body with a sudden surge of energy to deal with a stressful situation like evading an oncoming car or meeting a deadline.

Under continuous stress the hypothalamus activates the **Hypothalamic Pituitary Adrenal (HPA)** axis by sending a signal to the pituitary gland to release Adrenocorticotrophic hormone (ACTH) . This is detected by the adrenal gland which stimulates the release of cortisol.

Adrenaline, also known as epinephrine, is a hormone and neurotransmitter. As adrenaline circulates throughout the body it brings about a number of physiological changes. Small airways in lungs open wider so the lungs can take in as much oxygen as possible with each breath. The heart beats faster than normal, pushing blood to the muscles to provide them with extra oxygen. Some of the extra oxygen is sent to the brain to facilitate the high alertness required under stress. Pulse rate and blood pressure rise significantly. It also enlarges the pupils, causes perspiration, and alters the blood distribution maximize blood sugar levels. The release of blood sugar from the liver and the inhibition of its disposal give the body extra energy required.

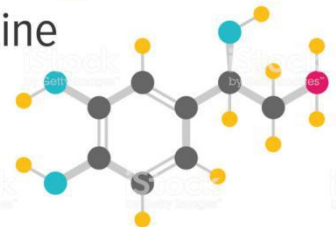
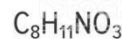
Stress hormones

Adrenaline



the

Noradrenaline



to

Cortisol is a steroid hormone produced in the adrenal cortex. Cortisol enables the body to maintain steady supplies of blood sugar. This helps the body cope with prolonged stressors. Cortisol regulates metabolism, influences memory, controls salt-water balance and influences blood pressure. When there is no more threat the parasympathetic nervous system then lowers the cortisol levels.

Long-term activation of the stress-response system and the overexposure to cortisol can cause a wide range of problems from anxiety, sleep problems, weight gain, memory and concentration impairment. In today's high-stress lifestyle the body does not get the time to recover from the initial fight or flight response before it's under stress again and hence has high levels of cortisol leading to chronic stress.

Higher and more prolonged levels of cortisol in the bloodstream (such as those associated with chronic stress) have been shown to have negative effects, such as:

- Impaired cognitive performance
- Suppressed thyroid function
- Blood sugar imbalances such as hyperglycemia
- Decreased bone density
- Decrease in muscle tissue
- Higher blood pressure
- Lowered immunity and inflammatory responses in the body, slowed wound healing, and other health consequences
- Increased abdominal fat, which is associated with a greater amount of health problems than fat deposited in other areas of the body. Some of the health problems associated with increased stomach fat are heart attacks, strokes, developing metabolic syndrome, higher levels of “bad” cholesterol (LDL) and lower levels of “good” cholesterol (HDL), which can lead to other health problems.

CAUSES OF STRESS

Stress is caused due to different kinds of stressors. A stressor is anything that causes the release of stress hormones. There are two broad categories of stressors: 1) Physiological stressors and 2) Psychological stressors.

Adolescence is a time of continued brain maturation, particularly in limbic and cortical regions, which undoubtedly plays a role in the physiological and emotional changes coincident with adolescence. An emerging line of research has indicated that stressors experienced during this crucial developmental stage may affect the trajectory of this neural maturation and contribute to the increase in psychological morbidities, such as anxiety and depression, often observed during adolescence.

Teens growing up today encounter many common sources of stress, including social, psychological, and societal pressures. As they transition from childhood to adulthood, face increasing responsibilities and decisions that can both be empowering, but also provoke much anxiety.

A survey by the American Psychological Association in 2014 revealed that teenagers are more stressed than adults. .

What are some causes of stress in teens and adolescents?

1. Mental illness

Growing up, teenagers experience new external and internal struggles that can be emotionally overwhelming. According to youth.gov, 1 in 5 youth meets the criteria for a severe mental health disorder. 11% of teens report suffering at least one major depressive episode (including thoughts of suicide) in the past year.

2. Peer pressure

All people naturally want to fit in and be liked by others, but adolescents feel this pressure intensely. Negative peer pressure includes pressure to use alcohol and drugs, participate in sexual acts, or engage in risky behaviours. But even less extreme examples, like pressure to dress a certain way, can create drastic changes in a teen's thoughts and behaviours, leading to low self-esteem or even depression.

3. Pressure to succeed academically

The stress and anxiety of academics can be challenging for youth to effectively manage. Teens may worry that a less-than-ideal academic performance will lead to being judged by their peers, scolded by their parents, or rejected by universities. Even high-performing students feel the stress from competition or pressure to get into the best schools. In particular, when students aren't taught to productively cope with failure, they can become demotivated and fall short of their potential.

4. Uncertainty about the future

Today's teens often feel lost and have a scrambled sense of direction. This sometimes ends up creating an identity crisis or a loss of ambition. Being a teenager is essentially an in-between stage of being a child and adult; though are becoming independent and making your own decisions, society tells you that you are too young to know what is right. There's also the fear of making the wrong decision, particularly when it comes to choosing what to study in college.

5. Parental pressure

Even when parents have good intentions, the pressure they put on their children to constantly perform well in every aspect of their life can be damaging to a teenager. Parents who cannot distinguish between healthy encouragement and unhealthy criticism can unknowingly inflict a lifetime of self-worth problems on their children.

6. Technology

The rapid growth in technology over the past couple of decades has allowed for social media platforms, such as Facebook, Instagram and Snapchat, to have a powerful influence on people's lives—and not always for the better. Research has shown that despite its connected nature, social media actually increases feelings of isolation and depression, especially among teens. Seeing “popularity” quantified in likes and shares can create feelings of jealousy, insecurity, and FOMO. Cyberbullying is a serious problem. With technology also comes exposure to content that may not be appropriate, such as violent pornographic imagery or hate speech. Moreover, when teens spend so much time online and so little time interacting face-to-face, they risk not developing the authentic relationships that are vital to social development.

7. Physical Stress

Physical changes can also be a cause of stress among teenagers. Adolescents go through some emotional and physical changes which can leave them confused and stressed. Not knowing what is happening to their body and why they feel a certain way during puberty can be a cause of such tension. Also, excessive strain on the body can leave your teen tired and mentally stressed.

8. Financial Stress

Money isn't something that worries only the adults. Teenagers are more stressed about finances because they cannot do much about it. Studies show that kids from low-income families deal with poverty-related stress almost all the time and become troubled teens and adults (4).

If your family is going through financial problems, that can also be a stressor for your teenager. Teenagers may worry about college tuition and scholarships, which can be very stressful. While it is okay to let your teen know if you are trying to make both ends meet, do not burden them with too many details.

9. Drastic Changes in Life.

Adolescents may not embrace change as quickly as adults do. Drastic changes like moving to a new school or city, the addition of new members to the family such as a step-parent, step-siblings, etc., can make the teenager uncomfortable. Not knowing how to deal with changes and the way to meet the expectations of parents or teachers can make life very stressful for the teenager.

10. Poor Time Management

A common complaint that your teens make is that they “don't have time” for anything. There is never enough time for breakfast, for school work, or household chores. Poor time management is yet another cause of stress among teens. They get easily distracted by technology and media, which eats up most of their time. Before they realize, they are left with little time to finish what needs to be done. The result – a stressed-out teenager.

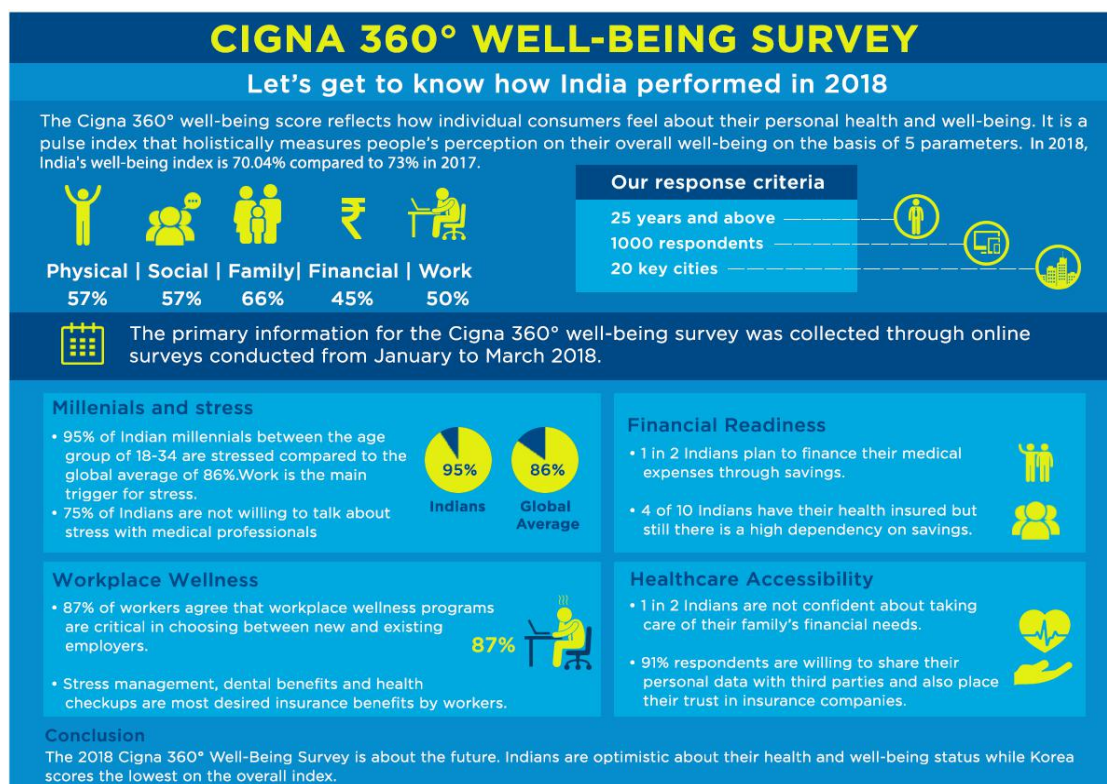
STATISTICS ON STRESS

Stress levels seem to be high in India compared to other countries, both developed and emerging, says a survey conducted by Cigna TTK Health Insurance. About 89% of the population in India say they are suffering from stress compared to the global average of 86%.

According to Moneycontrol, the survey further revealed that 95 per cent of Indian millennials between the age group of 18-34 are stressed compared to the global average of 86 per cent. Making matters worse, one in eight Indians have serious trouble in dealing with stress but nearly 75 per cent of the Indian respondents said they don't feel comfortable talking to a medical professional about their stress. Consultation cost was cited as one of the biggest barriers to seeking professional help. This year's survey is Cigna's most global yet, talking to nearly 14,500 people in 23 markets around the world, and the interviews were conducted between February and March this year.

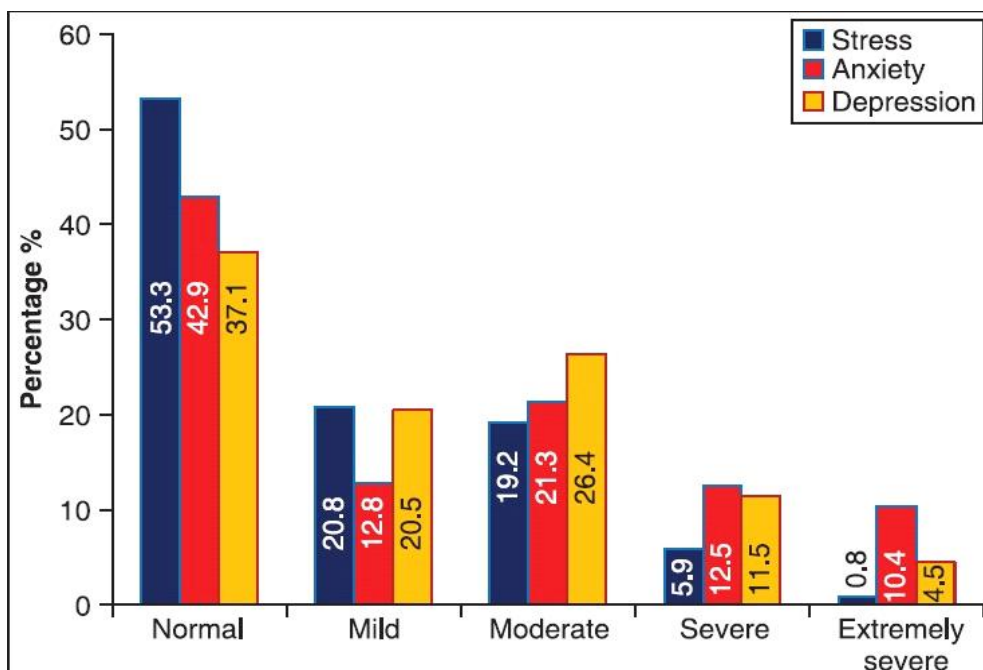
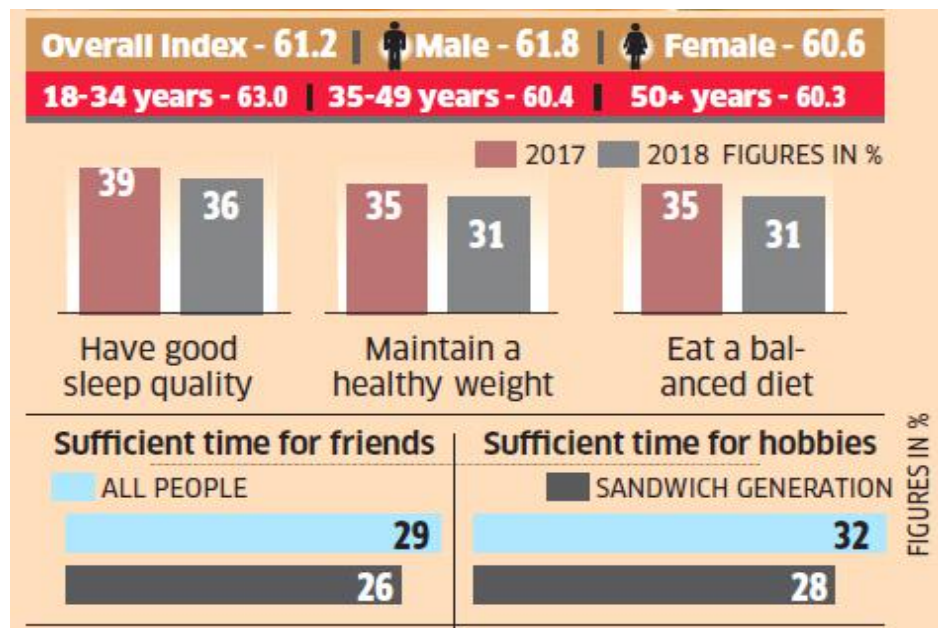
With work being cited as one of the key triggers for stress in the country - the other oft-mentioned culprit being finances - it's not surprising that workplace wellness is taking centre stage. A whopping 87 per cent of the respondents said that workplace wellness programmes are important in choosing between two potential employers. And India is doing well in this front. About half the respondents reportedly said that they have received support and are participating in a workplace wellness programme.

Nearly 9 in 10 Indians suffer from stress. In fact, the recently-released findings of the 2018 Cigna 360 Well-Being Survey - Future Assured, conducted by Cigna TTK Health Insurance, show that stress levels are higher in Indian compared with other developed and emerging countries, including the United States, the UK, Germany, France, China, Brazil and Indonesia.



This survey was launched in 2018 with the goal of exploring well-being perceptions and concerns across five key areas of well-being - physical, family, social, financial and work. This year's survey is Cigna's most global yet, talking to nearly 14,500 people in 23 markets around the world, and the interviews were conducted between February and March this year.

"Employers can offer practical solutions such as flexi-hours or stress management programs that include mental wellness," said Prasun Sikdar, Managing Director & Chief Executive Officer, Cigna TTK Health Insurance.



All in all, despite the issues flagged off above, India ranked highest in overall well-being in the survey at 70.4 compared to a global average of 61.2. However, the pulse index reveals the second largest year-on-year drop among nations surveyed - India was at 73 in the 2017 survey.

... At the end of the day, good health equals good business".

MENTAL EFFECTS OF STRESS

Emotional symptoms of stress include:

- Becoming easily agitated, frustrated, and moody
- Feeling overwhelmed, like you are losing control or need to take control
- Having difficulty relaxing and quieting your mind
- Feeling bad about yourself (low self-esteem), lonely, worthless, and depressed
- Avoiding others

1. Depression

The Anxiety and Depression Association of America (ADAA) defines depression as an illness in which an individual experiences a persistent and severe low mood.

Research suggests a link between high levels of stress and the onset of depression.

One study^{Trusted Source} of over 800 women investigated the link between different types of stress and major depression.

During the study, the researchers found that both chronic and acute stress events contributed to a greater incidence of depression in women.

2. Anxiety

Anxiety differs from depression. It's characterized by feelings of overwhelming dread, rather than just feelings of sadness.

However, like depression, studies have suggested that stress may be linked to anxiety and anxiety disorders.

In one study^{Trusted Source}, researchers investigated the effects of stress levels at home and work on anxiety and depression levels. They found that people who experienced high levels of work stress were more likely to have more symptoms of anxiety and depression.

3. Irritability

Irritability and anger can become common traits in people who are stressed

In one study^{Trusted Source}, higher levels of anger were associated with both mental stress and the possibility of a stress-related heart attack.

Another studyTrusted Source investigated the relationship between anger, depression, and stress levels in caretakers. The researchers found an association between care-related chronic stress and anger levels.

4. Low sex drive

In some people, too much stress can have a negative impact on sex drive and the desire to be intimate.

A study Trusted Source published in 2014 found that chronic stress levels had a negative impact on sexual arousal. The research suggested that both high levels of cortisol and a higher chance of being distracted led to lower levels of arousal.

Much of the research surrounding stress and low libido involves women, but it can certainly affect men too. One animal study Trusted Source showed that social stress during adolescence affected the sexual appetite of male hamsters during adulthood.

5. Memory and concentration problems

If you find yourself having trouble with concentration and memory, stress may be a part of the problem.

An animal studyTrusted Source found that adolescent rats exposed to acute stress experienced more memory performance issues than their non-stressed counterparts.

Another reviewTrusted Source investigated the stress-response pathways in the brain and their effect on long-term memory. Researchers found that certain hormones following a stressful or traumatic event can have the ability to impair memory.

6. Compulsive behavior

There has long been a link between stress and addictive behaviors.

One paperTrusted Source expanded on the idea that stress-related changes in the brain may play a role in the development of addiction. According to the researchers, chronic stress can change the physical nature of the brain to promote habit- and addiction-forming behaviors.

Another studyTrusted Source even found that in certain people, genetic variations can play a further role in the stress response and vulnerability towards addiction.

7. Mood swings

The many emotional effects of stress can leave you feeling like you're experiencing mood swings.

One studyTrusted Source from 2014 examined the role of various types of stress tests on physiology, mood, and cognition. The research showed that both social and physical stressors can have a big impact on emotional well-being and mood.

With the many other emotional signs of stress, it's easy to see just how big of an influence stress can have on your overall mood.

PHYSICAL EFFECTS OF STRESS

Effects on Respiratory and cardiovascular systems

Stress hormones affect your respiratory and cardiovascular systems. During the stress response, you breathe faster in an effort to quickly distribute oxygen-rich blood to your body. If you already have a breathing problem like asthma or emphysema, stress can make it even harder to breathe. Under stress, your heart also pumps faster. Stress hormones cause your blood vessels to constrict and divert more oxygen to your muscles so you'll have more strength to take action. But this also raises your blood pressure. As a result, frequent or chronic stress will make your heart work too hard for too long. When your blood pressure rises, so do your risks for having a stroke or heart attack.

Effects on digestive system

Under stress, your liver produces extra blood sugar (glucose) to give you a boost of energy. If you're under chronic stress, your body may not be able to keep up with this extra glucose surge. Chronic stress may increase your risk of developing type 2 diabetes. The rush of hormones, rapid breathing, and increased heart rate can also upset your digestive system. You're more likely to have heartburn or acid reflux thanks to an increase in stomach acid. Stress doesn't cause ulcers (a bacterium called *H. pylori* often does), but it can increase your risk for them and cause existing ulcers to act up. Stress can also affect the way food moves through your body, leading to diarrhoea or constipation. You might also experience nausea, vomiting, or a stomach ache.

Effects on muscular system

Your muscles tense up to protect themselves from injury when you're stressed. They tend to relax again once you relax, but if you're constantly under stress, your muscles may not get the chance to relax. Tight muscles cause headaches, back and shoulder pain, and body aches. Over time, this can set off an unhealthy cycle as you stop exercising and turn to pain medication for relief.

Effects on immune system

Stress stimulates the immune system, which can be a plus for immediate situations. This stimulation can help you avoid infections and heal wounds. But over time, stress hormones will weaken your immune system and reduce your body's response to foreign invaders. People under chronic stress are more susceptible to viral illnesses like the flu and the common cold, as well as other infections. Stress can also increase the time it takes you to recover from an illness or injury.

POSITIVE EFFECTS OF STRESS

It boosts brainpower

Low-level of stress helps in the production of brain chemicals called neurotransmitters and strengthens the connection between neurons in the brain. In fact, this can be the primary mechanism by which exercising (a physical stressor) helps boost productivity and concentration. Short-term psychological stressors can have a similar effect, as well.

It can increase short-term immunity

When your body responds to stress, it prepares itself for the possibility of what is to come. The way our body does it is by producing extra interleukins, a chemical that help regulate the immune system, providing at least a temporary defensive mechanism.

It can make you stronger

Dealing with manageable stressful situations can make such situations in the future easier to handle. Repeated exposure to stressful events makes your body develop both physical and psychological sense of control.

Makes you creative

We feel stressed when we move onto a new path because we are afraid of the unknown. Stress pushes you to change, to fight, to grow and to adapt. All life events, even good ones, cause a certain degree of stress. For example, getting a new job is a positive change, much like getting married, falling in love, getting a raise, winning a tennis match and so on. Stress often accompanies a breakthrough in creativity.

It motivates you to succeed

Stress can be the thing you need to get your job done at work. Think about a deadline staring you in the face. It's going to encourage your behaviour to manage the situation effectively and more productively. Success can be achieved in the workplace, in sports, or in a creative endeavour if it's driven by pressure

It can enhance child development

Pregnant women often worry that their anxiety will negatively affect their unborn babies. And it sure can if it's constant. But if the stress levels are moderate, they can in fact be good for the child. A study found that children of most women who reported mild to moderate stress levels during pregnancy actually showed greater motor and developmental skills by age two than those of mothers who were unstressed.

STRESS MANAGEMENT

I am going to discuss the various ways of managing stress, they are known as principles for

Living a stress free life

- **Believe in yourself**

Most important point to avoid stress is to have faith in yourself, you need to Believe in your abilities , remember stress comes only when we overthink About the event .Stay calm, breathe deeply, STAND TALL.

- **If stress can come it can also go**

When someone asked SIR KRISHNAMURTHY how he always overcame Stress very easily in life, He replied, “NEVER TAKE ANYTHING SERIOUSLY” This principle has helped me live a stressful life. These is absolutely true, we Make a mistake in life when we become too serious in life about each and everything Instead we should be open to whatever life has to offer.

- **Sharpen the saw**

This Principle was given by Dr Stephen Covey in his book ‘Seven habits of highly Effective People’
The principle states that we have to stop fretting over the things which are not going As per our expectation Instead we should be rejuvenating our life by focusing on sharpening the skills that we possess.

- **Inflow of new thoughts can remake you**

Affirm these words always “I don’t believe in stress”, continue to affirm that until The idea dominates your subconscious mind.
Think only positive thoughts and you will see only positive reality.
Here’s a quote that can change your life by Norman Vincent Peale.
“NO MATTER HOW DARK THINGS SEEM TO BE OR ACTUALLY ARE, RAISE YOUR SIGHTS AND SEE THE POSSIBILITIES ALWAYS SEE THEM, FOR THEY ARE ALWAYS THERE.

- **Stop fretting and fuming**

Instead of stressing out any problem, Step aside and do something about The thing that is bothering you, Use all your strength to overcome the Road-blocks in your life.
Anthony Robbins the self- help guru beautifully stated that
“Ten years from now you’ll laugh at whatever’s stressing you out today, So why not laugh now?”

- **Try prayer power**

A Beautiful Prayer
I believe I am always divinely guided .I believe I will always take the right turn of the road
I believe god will always make a way where there is no way.

Here’s a two step formula for handling stress

STEP NUMBER ONE : Don’t sweat the small stuff.

STEP NUMBER TWO : Remember it’s all small stuff

- **When vitality sags try this**

A famous statesman who made seven speeches in one day was still boundless in energy . “Why are you not tired after making seven speeches?” someone asked him. “Because,” he said “I believe absolutely in everything I said in Those speeches .I am enthusiastic about my convictions.”
That’s the secret .He was on fire for something .He was pouring himself out,
And you never lose energy and vitality in so doing.

- **Nothing is impossible**

Throughout the bible the truth is emphasized again and again that
“If you have faith as a grain of mustard seed.....nothing shall be impossible unto you.
A person who is suffering from stress daily, should greatly desire
Freedom and have faith that he will achieve freedom, and stress
Will leave his life for the Good.

This are the principles which when practiced helps a person to
Leave a life which is free from stress.

Always remember in life that stress comes to only to those who
Struggle with the complexities and avoid the simplicities.

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