

# Self-Management Skills

Date \_\_\_\_\_  
Page \_\_\_\_\_

## 1. Stress Management

**Ques.** What is stress?

**Ans.** Stress is our body and mind's response and reaction to a challenging or taxing situation in our lives.

How Our Body Reacts or deals with a particular situation

**Types**

→ Good stress is in limited quantity that helps one's motivation.

→ Bad stress does not lowers down.

(Psychologists call it distress or chronic stress.)

Symptoms

• Causes of Bad stress

- Lack of sleep
- heart problem
- problems in focusing
- weight gain or loss
- loss or gain of appetite
- irritability
- memory loss
- depression

**Ques.** What are various stress Management Techniques?

**Ans.** ① Physical exercises - Release Endorphins

- Dopamine & Serotonin are also such feel good chemicals released in our body.



- ② Sports
- ③ Yoga
- ④ Meditation
- ⑤ Taking Break
- ⑥ Nature walk - Practice in Japan (Shinrin Yoku)  
"forest bathing"

- Lower pulse rates, lower blood pressure, lower level of Cortisol

✓

Cortisol is called stress hormone.

Released when there is increased level of stress.  
Other such hormone is adrenaline.

- ⑦ Holidaying and Vacationing

Ques. Stress factors for students?

Ans. Stress factors for students are:-

① Social factors

② Academic factors

③ Other factors - Commuting problems - regular travel  
Financial problems  
Expectation management

Ques. What are techniques for controlling stress?

Ans. Tips for controlling stress are:

- ① Proper time management
- ② Physical exercise
- ③ Positive thinking
- ④ Go step by step
- ⑤ Act smartly
- ⑥ Spend a relaxing time
- ⑦ Take good diet

↳ Good foods for stress - warm drinks, whole grains, milk, nuts, vitamins, bananas etc.

↳ Food to avoid during stress - Caffeine, Refined sugar foods (cookies, cakes etc.)  
refined carbs food (junk food, fast food etc.)