

## **STRESS BUSTER- PDF RESOURCES -**

### **Dealing with stress and its symptoms**

While unchecked stress is undeniably damaging, there are many things you can do to reduce its impact and cope with symptoms.

#### **☞ Learn how to manage stress**



You may feel like the stress in your life is out of your control, but you can always control the way you respond. Managing stress is all about taking charge: taking charge of your thoughts, your emotions, your schedule, your environment and the way you deal with problems. Stress management involves changing the stressful situation when you can, changing your reaction when you can't, taking care of yourself and making time for rest and relaxation.

#### **☞ Strengthen your relationships**

A strong support network is your greatest protection against stress. When you have trusted friends and family members you know you can count on, life's pressures don't seem as overwhelming. So spend time with the people you love and don't let your responsibilities keep you from having a social life. If you don't have any close relationships, or your relationships *are* the source of your stress, make it a priority to build stronger and more satisfying connections.

##### **Tips for reaching out and building relationships:**

- Help someone else by volunteering.
- Have lunch or coffee with a co-worker.
- Call or email an old friend.
- Go for a walk with a workout buddy.
- Schedule a weekly dinner date
- Take a class or join a club.

#### **☞ Learn how to relax**



Relaxation techniques such as yoga, meditation and deep breathing activate the body's relaxation response, a state of restfulness that is the opposite of the stress response. When practiced regularly, these activities lead to a reduction in your everyday stress levels and a boost in your feelings of joy and serenity. They also increase your ability to stay calm and collected under pressure.

#### **☞ Invest in your emotional health**

Just as it requires time and energy to build or maintain your physical health, same it is with your emotional well-being. The more you put into it, the stronger it will be. People with good emotional health have an ability to bounce back from stress and adversity. This ability is called resilience. They remain focused, flexible and positive in bad times as well as good.

### ☞ **Take breaks**

We know that chronic or uninterrupted stress is very harmful. It is important, therefore, to take breaks and decompress. Take a lunch break and don't talk about work. Take a walk instead of a coffee break. Use weekends to relax and don't schedule so many events that Monday morning will seem like a relief. Learn your stress signals. Take regular vacations or even long weekends that you have learned are right for you.

### ☞ **Create predictability in your work and home life as much as possible**

Structure and routine in your life can't prevent the unexpected from happening. However, they can provide a comfortable framework from which to respond to the unexpected. Think ahead and try to anticipate the varieties of possibilities, good and bad, that may become realities at work or home. Generate scenarios and response plans. You may find that the "unexpected" really doesn't always come out of the blue. With this kind of preparation, you can turn stress into a positive force to work for your growth and change.

### ☞ **Maintain a stress Diary**

Stress Diaries are important for understanding the causes of short-term stress in your life. They also give you an important insight into how you react to stress, and help you to identify the level of stress at which you prefer to operate. The idea behind Stress Diaries is that, on a regular basis, you record information about the stresses you are experiencing, so that you can analyze these stresses and then manage them.

### ☞ **Using the Imagery method**

You will be aware of how particular environments can be very relaxing, while others can be intensely stressful. The principle behind the use of imagery in stress reduction is that you can use your imagination to recreate and enjoy a situation that is very relaxing. The more intensely you imagine the situation, the more relaxing the experience will be.

One common use of imagery in relaxation is to imagine a scene, place or event that you remember as safe, peaceful, restful, beautiful and happy. You can bring all your senses into the image with, for example, sounds of running water and birds, the smell of cut grass, the taste of cool white wine, the warmth of the sun, etc. Use the imagined place as a retreat from stress and pressure.

Scenes can involve complex images such as lying on a beach in a deserted cove. You may “see” cliffs, sea and sand around you, “hear” the waves crashing against rocks, “smell” the salt in the air, and “feel” the warmth of the sun and a gentle breeze on your body. Other images might include looking at a mountain view, swimming in a tropical pool, or whatever you want. You will be able to come up with the most effective images for yourself. Imagery also allows you to pre-experience achievement of your goals, helping to give you the self-confidence you need to do something well.

### ☞ **Rational Positive thinking**

Quite often, our experience of stress comes from our perception of a situation. Often that perception is right, but sometimes it isn't. Sometimes we are unreasonably harsh with ourselves, or jump to wrong conclusions about people's motives and this can send us into a downward spiral of negative thinking.

Thought Awareness, Rational Thinking and Positive Thinking are simple tools that help you to change this negative way of thinking

**Cultivating Positive health** mainly aims at modifying negative thoughts, beliefs, emotions and behaviour by using a number of techniques, focusing on the present.

- ☞ To have a relaxed state, this promotes a positive attitude towards life. As the focus is on breathing, unwanted thoughts are eliminated, helping the person to relax. Practice Deep Breathing for 5 minutes in the morning, facing east and for 5 minutes in the evening, facing west. Have Deep Breathing, as and when possible, throughout the day.
- ☞ Always have positive thoughts. Modify negative thoughts with positive thoughts
- ☞ Have positive attitude towards self, life and others
- ☞ Live in the present, concentrate on what you do and enjoy what you do
- ☞ Enjoy work. Strongly believe that you can complete your work on time
- ☞ Accept responsibilities with a smile
- ☞ Practice smile therapy
- ☞ Practice laugh therapy
- ☞ Practice autosuggestion
- ☞ Practice tension releasing exercises
- ☞ Practice thought stopping technique
- ☞ Practice symptom stopping technique
- ☞ Be assertive
- ☞ Face problems boldly and solve them successfully
- ☞ Enjoy the company of family members and friends
- ☞ Have some physical exercises such as walking, jogging, etc.
- ☞ Have some recreation such as, playing games, reading books, listening to music etc.
- ☞ Develop a sense of humor, enjoy jokes, laugh heartily
- ☞ Avoid poor health habits such as not eating in time, over eating, excessive coffee consumption, smoking, drinking, etc.
- ☞ Pray to God