

STRESS

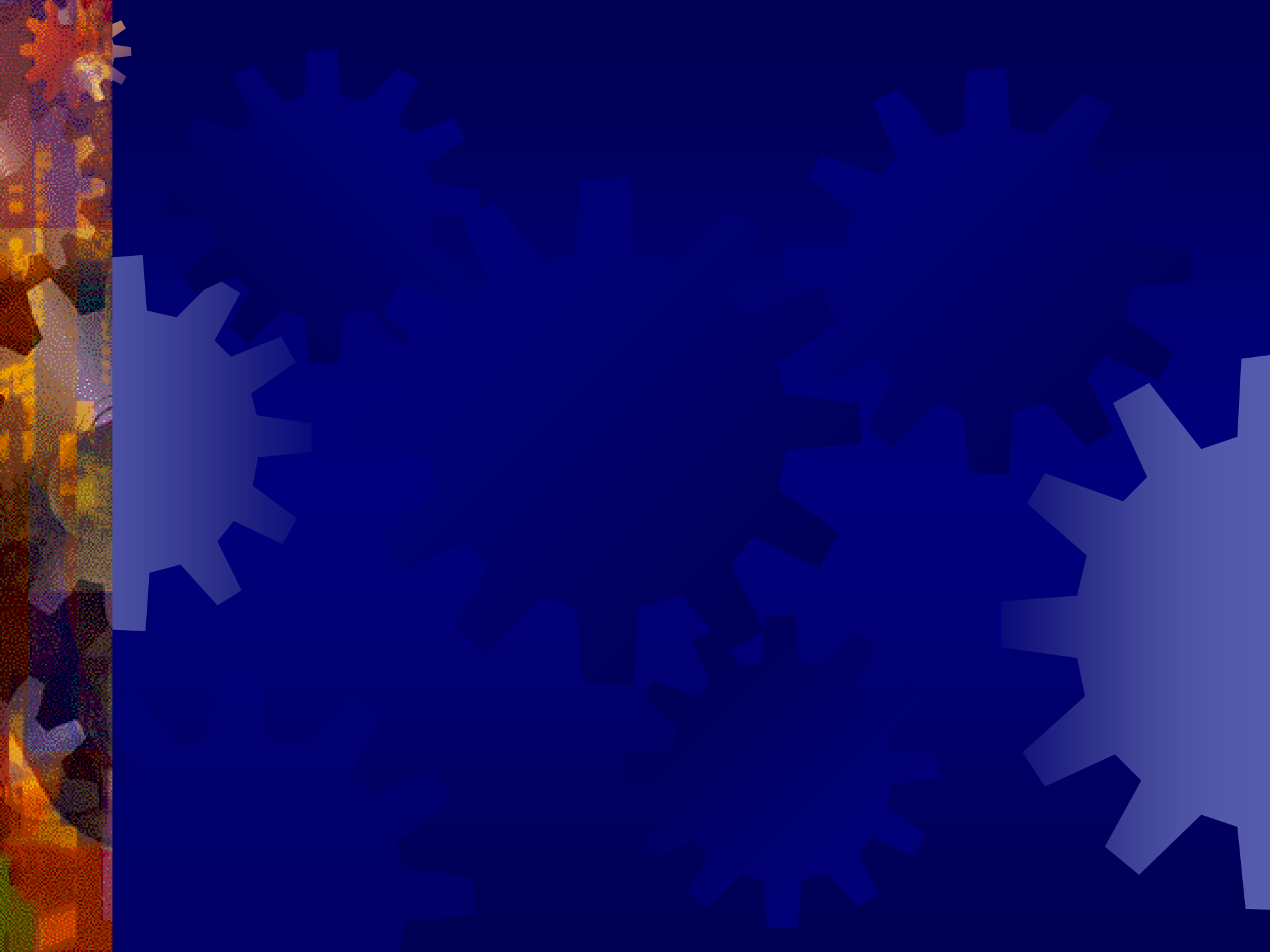
EPIDEMIC OF THE 21st CENTURY.





Stress Management During Disaster

Stress is a fact of life but it should not become the part of life:



WHAT IS STRESS ?

Every day fact of life.

Stress can be GOOD.

**But Excessive
stress can be
harmful..**



CAUSES OF STRESS AT HOME

- Death of spouse, family, near relative or friend.
- Injury or illness of any family member.
- Marriage of self or son or daughter or brother or sister.
- Separation or divorce from partner.
- Pregnancy or birth of a new baby.
- Children's behavior or disobedience.
- Children's educational performance.
- Not sufficient money to raise your standard of living.
- Loss of money in burglary, pick-pocketed or share market.

CAUSES OF STRESS AT WORK

- To meet out the demands of the job.
- Your relationship with colleagues.
- To control staff under you.
- To train your staff and take work from them.
- Support you receive from your boss, colleagues and juniors.
- Excessive work pressure.
- To meet out deadlines.
- To give new results.
- To produce new publications if you are in research area.
- Working overtime and on holidays.



Type of stress

1. Acute
2. Chronic

STRESSORS

- LONG TERM.
- SHORT TERM.



SHORT TERM STRESSORS

Prepares you to fight or flee.....



SHORT TERM STRESSORS

Prepares you

to

fight

Or

flee.....



LONG TERM STRESSORS



- **Which are ongoing and continuous, when the urge to fight or flight has been suppressed.**

What makes you stressed.



What makes you stressed.



1. Financial Problems.

Financial Problems.

എങ്കിലും, എന്റെ ശ്രീപത്മനാഭാ....



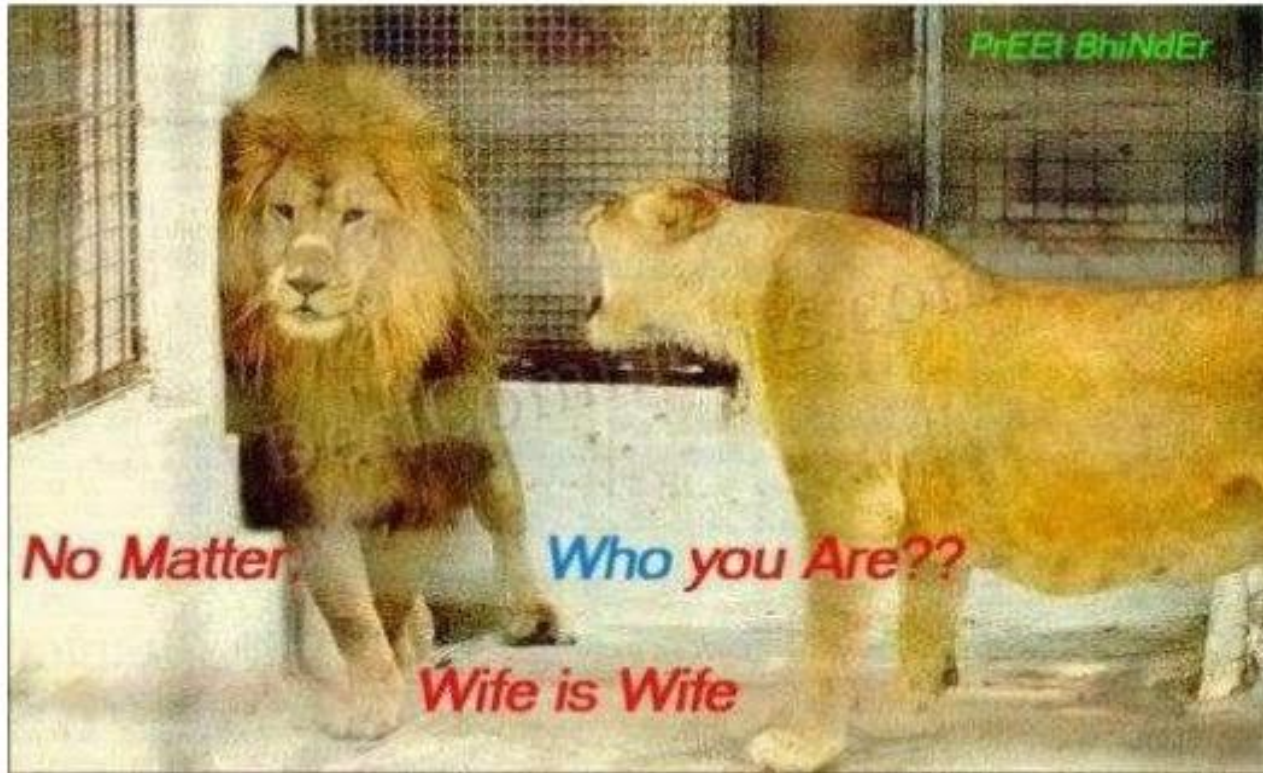


What makes you stressed.



2. Relationship Problems.

2. Relationship Problems.



3. Major Life Changes.

Transfer.

3. Major Life Changes.

Promotion.

3. Major Life Changes.

Marriage...

What makes you stressed.



4. Job Related.

What makes you stressed.



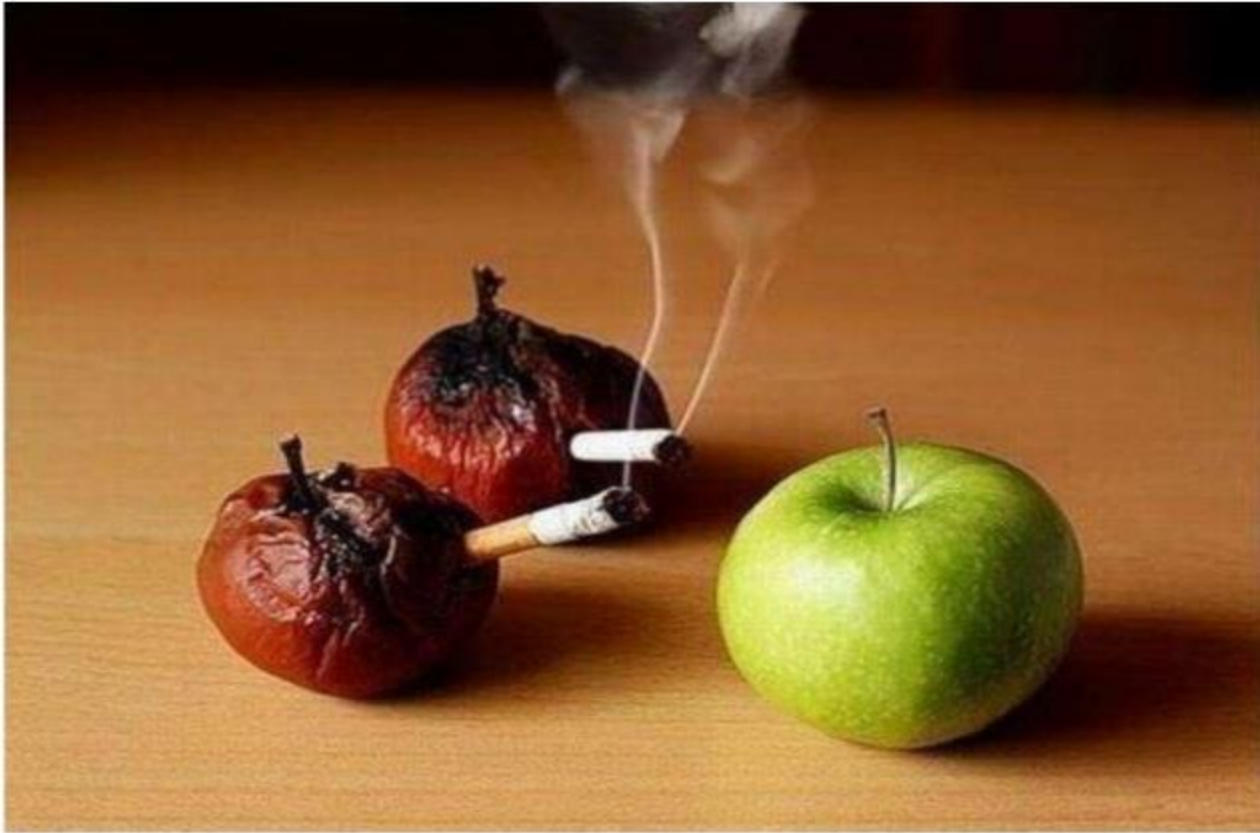
5. Health Problems.

What makes you stressed.



6. Personal Habits.

Personal Habits..



Personal Habits

- JUNK FOOD.



Personal Habits

*You can not change
your future.
but, you can change your habits,
and Surely your habits
will change your future.*



Stress Situations.



Stress Situations.



Stress Situations.



Stress Situations.



Stress Situations.



Stress Situations.



Exam Tension



I'm not normally a praying boy , but if you're up there, please save me, Superman!"

SIGNS OF STRESS



Stress Signal

- ❖ उदासी Sadness
- ❖ घबराहट Anxiety
- ❖ असामान्य व्यवहार Abnormal behavior
- ❖ आत्महत्या की प्रवृत्ति Suicidal Behavior
- ❖ दौरा पड़ना Fits
- ❖ याददास्त समस्याएँ Memory Problems
- ❖ भावनात्मक समस्याएँ Emotional Problems
- ❖ शराब या ड्रग्स की लत Addiction of alcohol or drugs

❖ अनिद्रा या भूख की समस्या

Problem in sleep and appetite

❖ यौन समस्याएँ

Sexual Problems

❖ सीखने में समस्या

Learning Problem

❖ बच्चों के व्यवहार की समस्या

Behavior problem in children

आज के तनावग्रस्त माहौल में अधिकांश व्यक्ति किसी न किसी मनोविकार से परेशान है। यदि इन विकारों का समय पर निदान व उपचार कर लिया जाय तो कई विकारों से बचकर एक स्वस्थ जीवन बिताया जा सकता है।

How to reduce stress?

- ❖ **Incomplete knowledge is not power**
- ❖ **Love Account**
- ❖ **Carry Books**
- ❖ **Live in Present**
- ❖ **Arogya – our Birthright**
- ❖ **Time Schedule**
- ❖ **Self Less Service**
- ❖ **Forgive Forget**
- ❖ **Say “No” Gracefully**

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- ❖ **Ego Syndrome**
 - ❖ **Welcome Sorrows**
 - ❖ **Tomorrow never comes**

Tips

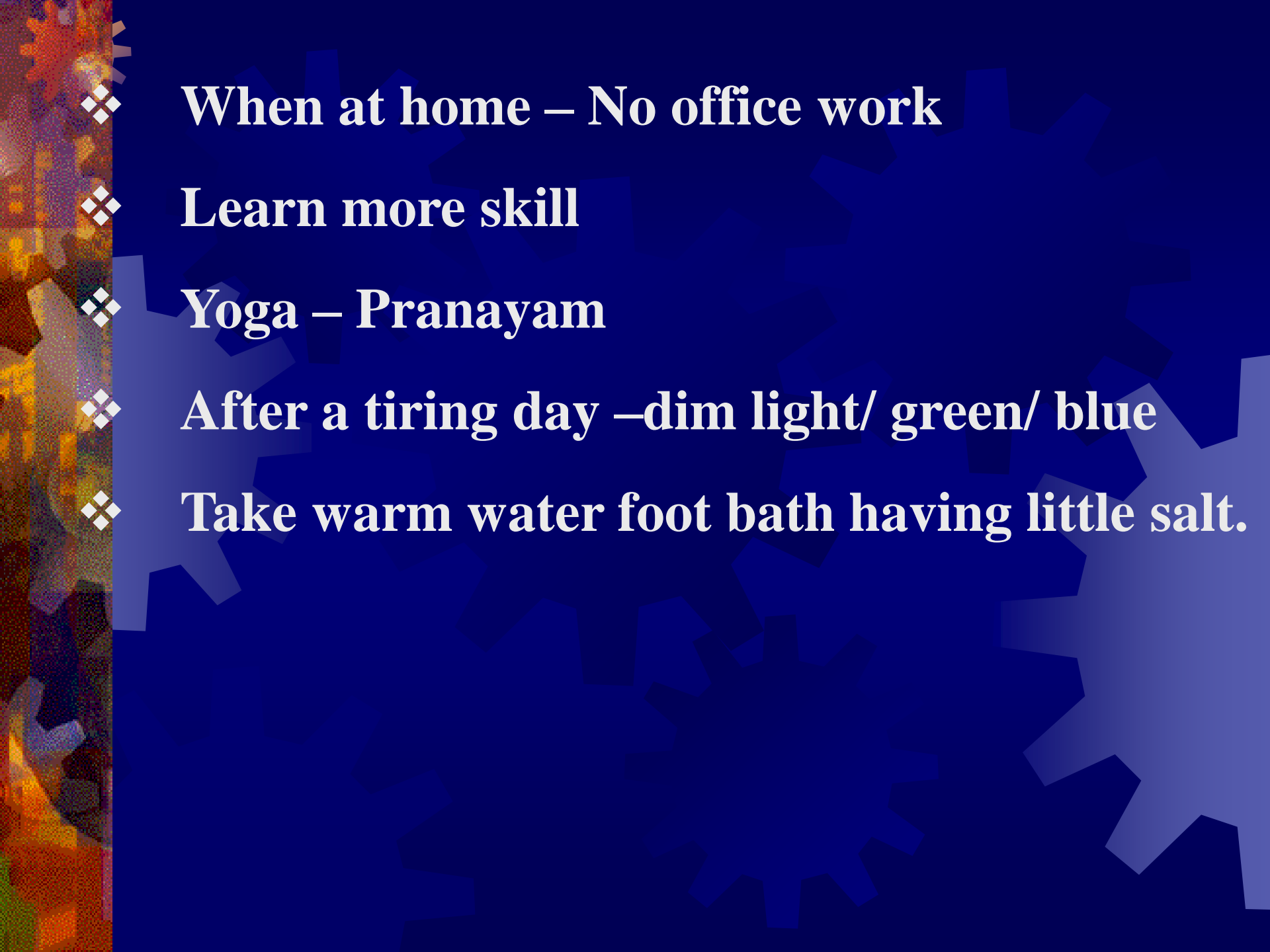
- ❖ Aqua power
- ❖ Smoking/Tobacco – Stop
- ❖ Alcohol – Stop
- ❖ Sweet Control
- ❖ Physical Exercise
- ❖ Recall Sweet MEMORIES
- ❖ Walk Slowly, barefoot across lawn
- ❖ Laugh aloud



EXERCISE AND STRESS

- **Try to pick an activity you enjoy.**
- **From a low intensity activity like walking to a high-intensity activity like kick-boxing, all forms of physical exercise can be a big help.**

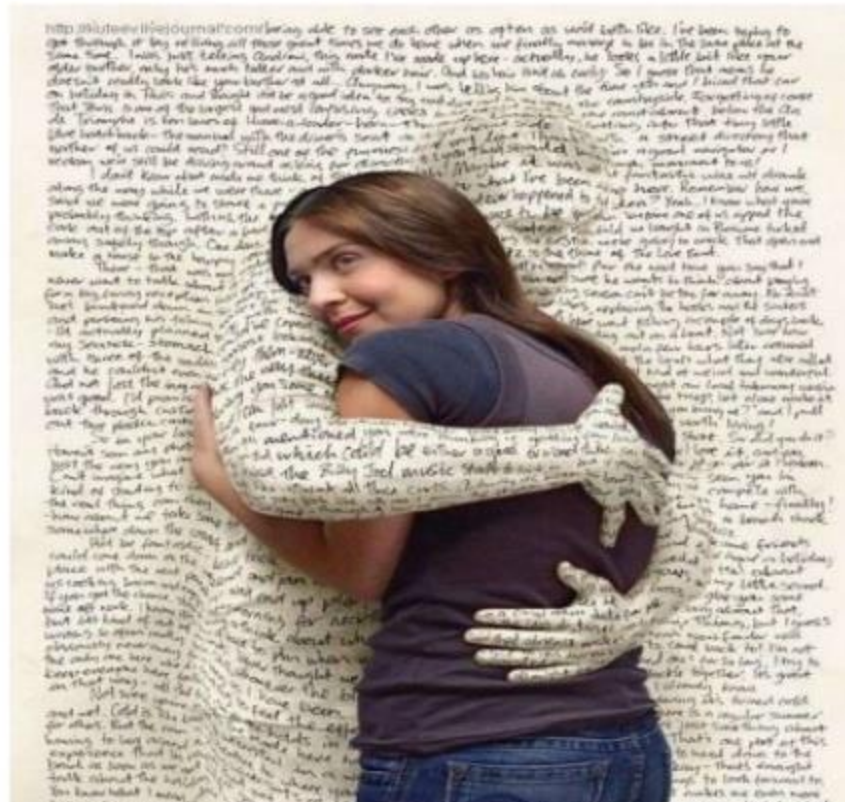


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- ❖ **When at home – No office work**
 - ❖ **Learn more skill**
 - ❖ **Yoga – Pranayam**
 - ❖ **After a tiring day –dim light/ green/ blue**
 - ❖ **Take warm water foot bath having little salt.**

Tips

- ❖ **No T.V. –at the time of eating**
- ❖ **Balance your personal life**
- ❖ **Have balance diet**
- ❖ **Anger for short while**
- ❖ **Minimize attachment**
- ❖ **Time for family**
- ❖ **Worry not**
- ❖ **Serve others**
- ❖ **Mend broken relations**
- ❖ **Visit your friends**
- ❖ **Time & financial management**

READ BOOKS.



Balanced DIET

- **Adequate intake of minerals are also essential for a healthy body and brain, and so for reducing stress susceptibility.**



Balanced DIET

- AVOID JUNK FOOD.



Balanced DIET

- AVOID JUNK FOOD.



Tajinder Singh

Balanced DIET

- AVOID Caffeine, Tobacco and Alcohol.



Dhyana

- **Sit comfortably either on chair or in Sukhasana on the floor. Cross your legs, clasp your fingers. Take few deep breaths.**

Relax.

Slowly close your eyes

Do nothing. Just watch within

Watch stillness within.

Relax.

**No analysis, no judgment,
nothing.**



Thought---
Feeling---
Action---
Results---



You cannot change
your future,
but, you can change
your habits,
and surely your habits
will change your future.

- Dr. Abdul Halim

Mental Techniques.

1.POSITIVE ATTITUDE.



Think for the BEST
Work for the
BEST.....and
Expect the BEST



Thanks