



Stress – A fact of life

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Abstract

Stress is a fact of life. Changes in our lives-such as going to college, getting married, changing jobs, illness-are frequent sources of stress. Changes that cause stress can also benefit in one's personality development. New challenges in life, friends, and living arrangements help to create personal development opportunities. It is important to carefully consider the causes of stress. One can minimize the harmful effects of stress, such as depression or hypertension. The key is to develop an awareness of how a person interpret and react to circumstances. This awareness helps to develop coping techniques for managing stress. Life events such as marriage, frequent changing jobs, divorce or the death of a relative or friend are the most common causes of stress. Although life-threatening events are less common, they can be the most physiologically and psychologically acute problem. It is normal to have some signs of depression very often. Stress can have consequences far beyond temporary feelings of pressure. While one can't avoid stress, we can learn to manage it and develop skills to cope with the events or situations we find stressful. By learning to cope with stress and by recognizing the symptoms of depression and the warning signs of suicide, one will be better prepared to help not only one self, but also friends and fellow students.

Keywords: Hypertension, Stress, Life, Physiological, Psychological.

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Introduction

Stress is a fact of life. Changes in our lives-such as going to college, getting married, changing jobs, illness-are frequent sources of stress. Changes that cause stress can also benefit in one's personality development. New challenges in life, friends, and living arrangements help to create personal development opportunities. Hence it is important to carefully consider the causes of stress and to never avoid it. But one can minimize the harmful effects of stress, such as depression or hypertension. The key is to develop an awareness of how a person interpret and react to circumstances. This awareness will help to develop coping techniques for managing stress. Psychological stress occurs when a person perceives that environmental demands exceeds his or her adaptive capacity (Crandall & Perrew, 1994).

Distress: If a person perceives a situation negatively, one will likely feel distressed—overwhelmed, oppressed or out of control. Distress is the more familiar form of stress. (Ridner, 2004). Eustress: The other form, eustress, results from a “positive” view of an event or situation, which is why it is also called “good stress.” Eustress gives rise to a challenge and can

be an antidote to boredom because it engages focused energy. (Simmons, Bret, Nelson & Debra, 2001).

Causes of Stress

The most frequent reasons for “stressing out” fall into three main categories:

1. The unsettling effects of change.
2. The feeling of outside force is challenging or threatening.
3. The feeling of losing personal control.

Life events such as marriage, changing jobs, divorce, or the death of a relative or friend are the most common causes of stress. Although life-threatening events are less common, they can be the most physiologically and psychologically acute problems. Symptoms of stress fall into three general, but interrelated, categories-physical, mental and emotional, which includes headaches, fatigue, gastrointestinal problems, hypertension (high blood pressure) etc. Ignorance of stress can cause or contribute to serious physical disorders. It increases hormones such as adrenaline and corticosterone, which affect metabolism, immune reactions, and other stress responses.

Managing Stress

The first step is to understand better how one react in different situations- what causes stress in them and how they behave when feeling stressed.

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Set priorities

Use the time-management tips. Make a To-Do list. Decide what is really important to get done today, and what can wait.

Practice facing stressful moments

Think about the event or situation one expects to face and rehearse the reactions.

Examine your expectations

Try to set realistic goals. It's good to push oneself to achieve, but make sure that expectations are realistic.

Live a healthy lifestyle

Get plenty of exercise. Eat healthy food. Allow time for rest and relaxation. Find a relaxation technique that works—prayer, yoga, meditation breathing exercises etc.

Learn to accept change as a part of life

Nothing stays the same in life. Develop a support system of friends and relatives. Believe in oneself and one's potential. A person's inability to deal with stress can lead to clinical depression. It is normal to have some signs of depression some of the time. As per NIMH, if someone has five or more symptoms for two weeks or longer or suffers noticeable changes in normal functioning, that person should go to a mental health professional for evaluation. Several effective treatments for depression are available. But individuals respond differently to treatment. If the person does not start feeling better after a few weeks, talk to treatment provider about other treatments or seek a second opinion.

Conclusion

Stress can have consequences far beyond temporary feelings of pressure. While it is not possible to avoid stress, one can learn to manage it and develop skills to cope with the events or situations you find stressful. By learning to cope with stress, and by recognizing the symptoms of depression and the warning signs of suicide, be better prepared to help not only oneself, but also friends, fellow students and others.

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