

Stress Management: Kill the Fear within You

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Abstract- “Stress” is nothing but the “Given up Pressure”. Fear originates Stress. Internal Peace can beat Fear. Internal peace is acquired with a control over self. One’s Body, Mind and Thoughts when are in line, it plants a seed of Internal Peace.

“Stress Management is a wide spectrum of techniques and psychotherapies aimed at controlling a person’s level of stress, especially chronic stress, usually for the purpose of and for the motive of improving everyday functioning”.

I. INTRODUCTION



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Fear can only be vanished when faced from the front.

Pen looks attractive only when Cover is at the top. Bring it to the bottom and you will feel the weight of it when you write. Similarly, face the fear from front; it will make you more confident. The more you push it at the bottom the more it will weigh you with pressure right to do the final formatting of your paper.

Stress is a fact of life, wherever you are and whatever you are doing. You can't avoid stress, but you can learn to manage it so it doesn't manage you. Learning to do stress management takes time, and although you can't avoid stress, the good news is that you can minimize the harmful effects of stress. There are

various ways to manage the stress level in our life, and here are some facts and figures in this research.

II. ELABORATIVE APPROACH



Source:

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III. EXPLANATION

- i. Create a Plan- marking due dates and upcoming events on calendar, making tasks prioritized and completing them on time according to the schedule helps us to reduce risk of skipping any task because of Stress.
- ii. Get Moving- exercise makes you feel relaxed and keeps you warm by your mind, which directly helps to manage stress level.
- iii. Seek Solitude- recharge yourself by listening soft music & tunes. Go for a quick walk continuously.
- iv. Pursue Your Passion- take out time from your daily & routine work for yourself and try to pursue your hobbies and try to spend time with loving ones.
- v. Put your Health First- make your health the most & first priority. Eat well & sleep for at least 7-9

Hours every night. Try to avoid consumption of caffeine which leads to anxiety.

IV. TYPES OF STRESS IN WORK LIFE

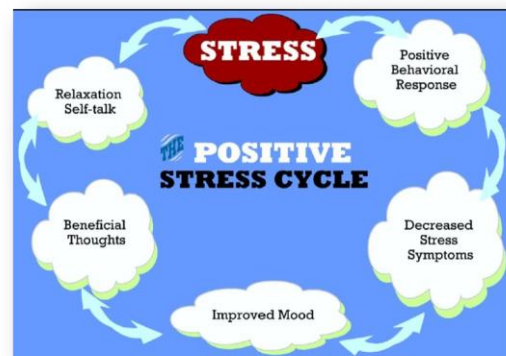
Nowadays, many of you are doing work from home. While doing this most of you might have faced lot of distractions, and that may effect on efficiency of your work, and this result in less productivity & hampers your creativity also, at the end you may miss your deadlines. All this give you a lot of work stress, while doing work in the organization you all feel work stress at different times. These work life stress have different types such as –

- Workload or overwork - Due to a tendency to be a workaholic, or it came from an employer with many work assignments with unrealistic expectations and/or deadlines. It's important to know when to take breaks and refresh to distress your mind.
- Time Stress – You always have a fear of meeting your deadlines prior to time. By doing time management and proper delegating your work as per priority and/or with your co-workers can help you to relief your work stress.
- Fear- based Stress – When your boss doesn't like you, work can become unpleasant. You experience stress at work because of your toxic boss, or even from the fear of losing your job. Eliminate your work-based fears by having conversation with your supervisor, discuss your work expectations and refer your past performances. If job loss is a concern, do things which can brush up on your skills so that you can be prepared for your job search.
- Job search stress - When you get a called for an interview that moment you fill anxiety because of stress of outcome of your interview. Overcome the stress related job search by doing practices of FAQ's of interview with your friend or loved one ahead of time. Then you'll feel more confident and relaxed.
- New job stress – Being new in the office might make you nervous. You have to keep watch on your words, what you do, and even how you dress. First impression is last impression. You can alleviate this stress by initiating conversations with

your supervisor and your teammates. Being liked by your co-workers can contribute to career success.

- Encounter Stress – This stress experienced mostly when you are anxious about interacting with particular person or group of people. For e.g., you are feeling stressed because you are meeting your top level management person so you want to make good impression on them. Manage this stress by facing yourself to this situation, more you practice navigating these situations, the more relaxed and confident you become.

V. STRESS MANAGEMENT #POSITIVE PERSPECTIVE



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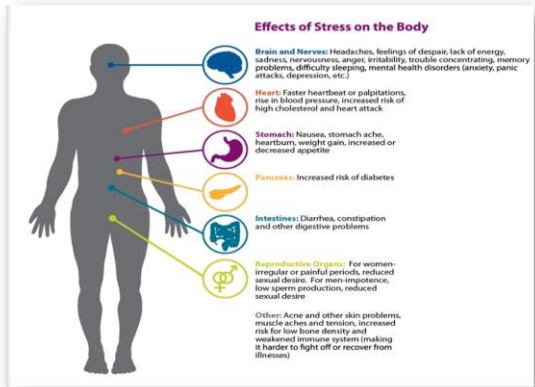
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- Moderate stress boosts your brainpower potentially. It strengthens connection between neurons in your brain, improving memory and attention span, and helps you to become more productive.
- Low doses of stress hormone helps to protect from infections, it gives quick boost to protect against illness, increases inflammation.
- Stress makes you stronger every time than you are before. As you confront different situation and overcome various problems, you train yourself to deal with similar incidents in the future.
- We are afraid of unknown, so that we feel stress when we move into new path. Stress pushes you to change, to fight, to grow and to adapt. Stress is breakthrough in creativity.
- Eustress encourage you to get succeed. Success is

achieved if it's driven by pressure.

- Moderate stress of women during pregnancy can enhance child development.

VI. STRESS MANAGEMENT #NEGATIVE PERSPECTIVE



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Effect on Body & Mind:

1. It effects our body in many ways like increase blood pressure problems.
2. Most commonly effect is headache
3. Various heart disease
4. Obesity & diabetes issues
5. Disturbs your thoughts processing power.
6. Changes your behaviour completely.
7. Disturbs your feelings towards everything.
8. It increases depression level of mind.
9. Makes our immune system weak
10. Makes our muscles tensed
11. In some cases it is seen that our CNS (Central Nervous & endocrine Systems) may fail due to stress.
12. Respiratory & cardiovascular system may also fail as during stress you breathe faster in an effort to quickly distribute oxygen to your body.
13. Various digestive problems such as diarrhoea etc.

CONCLUSION

And now that you all at the doorstep of Post-Graduation Face the fear from front, it will make you more confident & adaptive to positive stress in your

life. The more you push it at the bottom the more it will weigh you with pressure.

FINDINGS

- I. Don't give up
- II. Motivator to the success
- III. Think Positive because Failure is normal
- IV. Reject imaginary limits
- V. Do what you love
- VI. Your Attitude Matters
- VII. Process matters
- VIII. Face & kill your fear
- IX. Planning helps to reduce stress easily.
- X. Stress makes you more creative if taken positively.
- XI. Equal priority to your health & work.
- XII. Regular exercise and meditation can surprisingly helps to deal with stress.

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