



“From Anxiety to Action: Practical Daily Habits to Cut Stress”

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Abstract

Stress now affects people of all ages, occupations, and lifestyles and is an unavoidable aspect of modern life. Stress can be a motivator at moderate levels, but excessive or ongoing stress frequently has a negative impact on one's physical and mental health as well as productivity. Therefore, stress management is an essential life skill that entails using techniques to identify, lessen, and effectively handle stress. Finding stressors, comprehending how the body and mind react to stress, and using a variety of preventative and remedial strategies are all steps in the process. Time management, deep breathing and meditation, regular exercise, a healthy diet, and fostering supportive social networks are all examples of effective stress management practices.

In order to effectively manage stress, cognitive strategies like positive thinking and rephrasing negative views are also essential. Furthermore, for people who are under a lot of stress, professional interventions like counseling and stress management courses might offer extra assistance. Stress management improves performance, decision-making, and interpersonal interactions in both educational and professional contexts. People can improve their quality of life, preserve emotional equilibrium, and develop resilience by incorporating these techniques into their everyday routines. In summary, stress management is a proactive strategy for fostering holistic well-being rather than just a coping technique. It guarantees that people can confront life's obstacles with strength, flexibility, and clarity.

Keywords:- Stressors, Stress management techniques, Strategies

Introduction

Happiness is the key requirement for all of us. All want to be happy. Not only happy, but more happy, more happy and more happy. There is no limitation of happiness. There is overall not an end of limitation. It means there is no satisfaction in life. To satisfy one's livelihood, requirements increases and to achieve the requirements, people run against each requirements causes stress.

As we know that a healthy soul lies in a healthy body. Healthy body doesn't interpret only physical health, inspite of it, mentally, emotionally and peacefully. To have a healthy body is not an easy task. Each person has a special more requirement among the components of a healthy body. The curiosity to achieve them leads to stress.

In the nutshell, we can explain stress as the curiosity to bring a change in behavior or mind. Stress is called up for the mental satisfaction. Now, here, the question arise that whether the stress is good or bad.

Everyone wants an easy and cool life, without any burden. But having totally easy and cool life leads to dullness, idleness, less tendency to work and laziness. If that ease and comfortability fluctuate somehow, then the pressure or stress arise. To cope up that fluctuation the person starts to do work and try their level best to heal that and maintain the ease. Thus, to maintain the ease, comfortability and healthy life ,a little bit of stress requires. Slight bit of stress increases the efficiency of doing work. For example, the upcoming exam increases the efficiency of students for getting better result. The betterment of result enhances the study hours and concentration on studies than earlier practices. Same in the case of house-wives, they enhance their efficiency for the sake of their husbands and children. Alike, men also labour hard to fulfill all the requirements of their wives and children .

Thus, from the above statements it is clear that our goal shouldn't be to eliminate all stress out but to manage the rest. Because, we all know that anything in excess is harmful and as the stress. There is importance of stress to keep our lives smooth and to understand the necessity of work . But if it occurs in excess, then the problem arises.

Stressors

Biologically, we can define stress as the body's natural defense against predators and danger. It flushes the body with hormones (cortisol, adrenaline and noradrenaline) to prepare systems to evade or confront danger. This is known as 3'F' mechanism. Here 3'F' represents fight, fear and flight. The triggering of the hormones results in increased heart rate, heightened muscle preparedness, sweating and alertness. All these factors improve the ability to respond to a hazardous or challenging situations.

The stimulus or the factors of the environment trigger this reaction are the causes of stress called 'stressors'. The causes may include noises, aggressive behavior, a speeding car, scary moments in movies, going out on a first date, demands, curiosity, examination, failure, responsibility, etc. Generally stressors bring out some changes in our body such as blood pressure, pulse rate rises, breathing becomes faster, the digestive system slows down, the immunity activity decreases, the muscle become tense, a heightened state of alertness prevents sleep etc.

Stressors cannot be common to all. Each one has specific stressors. There are two types of stress that require different levels of management.

1. Acute Stress:- This is termed as short-term stress and occurs commonly. Acute stress is caused just by thinking of the past or the upcoming demands of the future. Its effects include tension, headache as well as a moderate amount of distress.
2. Chronic stress:- When the acute stress persists for a long period, it becomes chronic and harmful. It occurs when a person never sees an escape from the cause of the stress and stops seeking solutions. People with chronic stress are likely to have a final breakdown which can lead to suicide, violent actions, heart attacks and strokes.

Detected stress has triggered some common life events such as job issues or retirement, lack of time or money, family problems, illness, moving home, relationships, marriage or divorce, etc. Different situations can trigger stress for different people such as abortion or miscarriage, driving

in heavy traffic or fear of an accident, fear of crime or problems with neighbours

Stress management techniques

No one can become free of stress, only the remedy is management of stress. To create a stress management plan can somehow helps in the overall wellness. But stress management is not one-size-fits-all. That's why it's important to experiment and find out what works best for oneself. Here are a few lifestyle choices that can take to manage or prevent the feeling of being overwhelmed.

1. Identification of the types of stress:- Stress management starts with the identification of the types of stress. Each one has its own type of stress. We have to overlook our own thoughts, feelings and behaviours. We have to judge ourselves honestly. The reason of stress, how we react and what is our thoughts of it. Noticing symptoms is the first step to take an action.
2. Have the practice of 4 'A's:- 4'A's interprets avoid, alter, adapt or accept. One should have to take in practice of 4'A's. In any situation, with this practice, one can handle to avoid it, or to accept it comfortably. For this, one should know to say 'No', to avoid people who give stress of no use, to control the environment, to express feelings, be willing to compromise, to create a balanced schedule, to reframe problems, to adjust ,not to try to control the uncontrollable situation, to learn to forgive and to share the feelings. This can be elaborate as under:

- Avoid unnecessary stress :- Not all stress is preventable, and avoiding a situation that requires attention is unhealthy. The number of stressors you can remove from your life, however, could surprise you.

Be able to say "no." Recognize your boundaries and respect them. Stress is inevitable when you take on more than you can manage, whether in your personal or professional life.

Stay away from folks that make you anxious. Limit your time with that individual or break up with them if they are a constant source of stress in your life.

Take charge of your surroundings. Turn off the television if watching the nightly

news causes you to feel uneasy. Choose a longer but less-traveled route if traffic makes you anxious. Shop for groceries online if you find going to the market to be an unpleasant chore.

Stay away from contentious issues. Remove religion and politics from your choice of topics to discuss if they make you angry. Stop bringing up the same topic or excuse yourself when it comes up in conversation if you and the same folks are constantly at odds over it.

Make your to-do list smaller. Examine your everyday chores, obligations, and timetable. Separate the "shoulds" from the "musts" if you have too much on your plate. Put unnecessary tasks to the bottom of the list or do away with them completely.

- Alter the situation:- Try to change a stressful situation if you can't prevent it. This frequently entails altering the way you interact with others and conduct your everyday activities.

Instead of holding your emotions inside, let them out. Express your worries politely and openly if something or someone is upsetting you. Stress will rise and resentment will grow if you don't express how you feel.

Be prepared to make concessions. Be prepared to alter your own conduct when you ask someone to do so. Finding a pleasant middle ground is likely if both of you are prepared to make some concessions.

Increase your assertiveness. Don't neglect your personal life. Take address issues head-on while making every effort to foresee and avoid them. Tell your chatty roommate that you only have five minutes to talk if you have an exam to study for and they just got home.

Strike a balance. Burnout is inevitable if you only work and not play. Strive to strike a balance between your personal and professional lives, your social and solitary interests, and your daily obligations and leisure time.

- Adapt to the stressor:- Change yourself if you are unable to alter the stressor. By altering your expectations and attitude, you may adjust to difficult events and restore

control.

Reframe issues- Make an effort to see unpleasant events more optimistically. Instead of getting upset over a traffic delay, take advantage of the chance to stop and recover, tune in to your preferred radio station, or spend some time by yourself.

Take a broad view- Consider the uncomfortable circumstance from a different angle. Consider the long-term significance of the matter. In a month, will it matter? A year? Is it truly something to be upset about? Put your time and effort elsewhere if the response is negative.

Modify your expectations- One of the main causes of preventable stress is perfectionism. Give up expecting perfection since it will only lead to failure. Establish fair expectations for both yourself and other people, and learn to accept "good enough."

Be thankful- Think on all the things you value in your life, including your own positive traits and gifts, when stress is making you feel depressed. You may maintain perspective by using this easy technique.

- Accept the things you can't change - There are some stressors that cannot be avoided. Stressors like a major sickness, a national recession, or the death of a loved one are unavoidable and unchangeable. Accepting things as they are is the greatest method to deal with stress in these situations.

Although it can be challenging, accepting a situation that that cannot be changed is ultimately easier than fighting against it. Avoid attempting to manage the uncontrollable. We have no control over a lot of things in life, especially other people's actions. Instead of worrying about them, concentrate on the things you can control, such how you respond to issues.

See the bright side. Try to view significant obstacles as chances for personal development. If a stressful event was caused by your own bad decisions, think back on them and grow from them.

Acquire the ability to forgive. Recognize that people make mistakes and that the world is not flawless. Give up your resentment and fury. Forgiveness and moving on

are ways to rid yourself of negative energy.

Express your emotions. Even if there is nothing you can do to change the unpleasant circumstance, it can be immensely cathartic to express what you're going through.

See a therapist or have a conversation with a reliable friend.

3. Get moving:- Studies have shown that exercise can benefit a person's mental and physical state . Exercise releases endorphins that make us a valuable distraction from our daily worries. Here are some easy ways to incorporate exercise into our daily schedule :

- Put on some music and dance around.
- Walk or cycle.
- Use the stairs at home or work rather than an elevator.
- Park the cars in the farthest spot in the lot and walk the rest of the way.
- Pair up with an exercise partner and encourage each other during work out.

Meditation, massage and yoga can help. These can slow down the system and help in relaxing. Breathing is also a central part of mindfulness meditation. Physical activity can help burn away tension and stress, rhythmic activities are especially effective. Good choices include walking, running, swimming, dancing, cycling, aerobics, etc .

4. Building relationships:- There is nothing more relaxing than spending quality time with another human being who makes us feel safe and understand. Face to face interaction serves a lot. Talking to family and friends and work colleagues about our thoughts and worries will help us. We should have lunch or coffee with a friend, accompany someone to the movies, schedule a weekly dinner date, meet new people by taking a class or joining a club, develop networks of social support, etc.
5. To manage the time better:- We should manage our time by giving priority to the most important work. Some time should be set for ourselves: personal work, fun and relaxation, etc. We should not overcommit ourselves. Time taking work should be broken into small steps.
6. Have fun:- Nurturing ourselves is a necessity not a luxury. So, we should include rest and relaxation in our daily schedule. Within this time, we should take a break from all

responsibilities and recharge ourselves. We should enjoy ourselves by playing the piano, by riding our bike, etc. We should be happy and should laugh to decrease our stress level.

7. **Healthy diet:-** A healthy, balanced diet with plenty of fruits and vegetables helps in maintaining the immune system at the times of stress. A poor diet will lead to ill health and additional stress. By reducing the amount of coffee, soft drinks, chocolates and sugar snacks in our diet, we will feel more relaxed and will sleep better. Self-medicating with alcohol or drugs may provide an easy escape to stress, but the relief is only temporary. Adequate sleep fuels our mind, as well as our body. Feeling tired will increase our stress.

Strategies for stress management in the moment

You need a method to control your stress levels at the moment, whether you're stressed out after a heated disagreement with your spouse, stuck in a tough meeting at work, or overwhelmed by your morning drive. This is where immediate stress alleviation is useful.

Taking a deep breath and employing your senses—taste, touch, hearing, and sight—as well as a calming movement are the quickest ways to alleviate stress. You can rapidly unwind and concentrate by, for instance, looking at a beloved picture, inhaling a particular aroma, enjoying a favorite song, chewing on some gum, or cuddling with a pet.

Everybody reacts differently to every sensory experience. Experimenting and finding the special sensory experiences that are most effective for you is the secret to rapid stress reduction.

Conclusion

There is a misconception that happiness will come in bulk. Bulk in the sense that a great achievement. But, it is not like that. We have to search our happiness in our lives. Because it is present in each and every activities of our life. It is present in the form of bits, instead of bulk. We can have the happiness in our profession, in cooking, in sharing feelings, in living together with family, in doing work for the sake of others, etc. We all experience the stress in our lives



and stress can be lowered down by knowing or understanding the happiness lies within our mind.

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