

Stress Management

Effective Ways to Manage Stress

Stress management techniques and how to recognize and reduce stress, solutions to make life more positive and productive. How to manage stress and depression by using easy techniques to lead a positive and happy life.

STRESS, WHAT IS IT?

During the course of our life, we encounter stress, some in high levels, some in low. But what exactly is stress? It is the result of placing undue expectations or desire on ourselves, creating images of ourself and trying to live up to the image that has been created by others.

When we compare the image of ourselves to the reality of ourselves, opposing forces are created, and our mind tries to match the created image with the current situation.

Stress can be made worse by other peoples expectations, and being human we always care what others think of us - even though we tell ourselves that we do not. We try to change ourselves so that we can be accepted by other people, regardless of whether or not they care.

Negative thoughts about our self image also add to the stress. We remember everything that we have done in life, but more so the negative ones. We re-live those negative moments over and over again in our minds, lowering our self esteem.

The first thing we have to learn is that what has happened in the past cannot be changed, or erased. All we can do is take the lesson we learnt, and learn not to do it again. What happens in the past is exactly that, passed, and we must learn to live for now.

THE CAUSES

Life Crisis

Research has proven that the experiences that we have encountered over the years are likely to cause diseases which do not manifest until later on in life.

The death of a spouse or a truly loved one causes the highest level of stress, followed by divorce and a marital separation.

The conflicts intertwined with relationships with people close to you cause you the most stress.

Occupational Stress

As humans, more of our time is spent working compared to any other awake activity.

Occupational stress is a result of a factor or a combinations of factors at work. It impacts the worker, disrupting their psychological or physical wellbeing. It can be caused by a number of factors including work overload and stimulus underload. Work overload results from the burden of excess work. It may also be caused by the ambiguity of the task required of the worker. Stimulus underload happens when there are not enough tasks for the worker to undertake. It can cause job dissatisfaction, post traumatic stress syndrome, and increase the level of cholesterol and the heart rate.

Social Networks Disintegration

Relationships have been proved to be one of the more important aspects of our human life, especially to our psychological and physical well being.

Thus if someone who you truly cherish passes away, your social network begins to disintegrate as feelings of loneliness start to take over. This is because as humans, we need the warmth and love that relationships bring to us and the removal of one of these relationships can be heartbreaking.

THE CONSEQUENCES OF STRESS

Diseases - Stress has been the reason for 50-80% of diseases.

Insomnia - The inability to fall asleep.

Hypertension - High blood pressure, which can lead to lethal complications.

Aging - Research has proven that people age faster when they experience more stress.