

Stress Management Strategies Coping Methods and Prevention

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Introduction

Any kind of risk or demand that the human body responds to is stress. The way that the body responds to any stimulus or demand is nonspecific. It can also be said that stress is a strain or pressure or a bodily or emotive reaction to a stimulus. This type of response helps a person adjust to a new setting or a sudden modification in the typical environment. An individual's prior exposure to the stressful situation, insight into the event, particular coping abilities, and personal experience affect the response of a person to stressful cases. The stressor is a stimulus that produces stress. There are two destructive and beneficial sides to stress. It is usually considered that only negative effects are generated when an individual encounters a stressful event. On the other hand, a person also experiences good stress when he sees a missing loved one after a long time. This is known as eustress, which also yields physiological and emotional symptoms. In daily life, every individual faces plenty of small and sometimes large stresses. This includes having a contradiction with a family associate, dropping a plate, dropping a job, or the death of a loved one. An individual's feelings, judgments, and physique are affected due to indications of stress. If a person understands these common indicators of stress, it may help them manage them. If stress is left unimpeded, it can cause many health complications, for instance, obesity, heart disease, and high blood pressure. In general, the majority of people experience stress in the workplace environment due to excessive workload and stressful environments among colleagues. According to US surveys, forty percent of employees experience office stress in addition to work, which is the main cause of stress for one-quarter of workers. Stress management can be operative in the workplace to improve workers' psychological and physical health (Murphy, 1996).

How and why do we do it?

It is vital for any person to reduce stress, specifically for sustaining health in normal life. As a person succeeds in managing it, it can expand longevity. As a result, you will be more creative and productive. Stress is a usual response that is triggered in the brain and has an influential effect. Stress decelerates usual physical functions, for instance, the immune and digestive systems. In some situations, generally supposed positive experiences may cause stress. e.g., when someone gets the promotion, acquires a new house, and has a baby. The reason behind this is that they often embrace the extra effort, major modifications, and different responsibilities as well as requisites for adaptation.

A persistently damaging reaction to challenges can have a harmful effect on happiness and health. However, when a person becomes aware and learns to respond to a stressor can help reduce the unfavorable feelings and outcomes of stress. If a person faces a lot of stress and becomes overloaded, that may have bad results. According to the US Surgeon, 80 percent of deaths can be attributed to nontraumatic reasons. A person can get rid of this stress by stabilizing their well-being. The majority of people practice meditation to improve stress-related circumstances and to support general health. (Goyal, Singh, & Sibinja, 2014). An effective way of decreasing stress by joining yoga and mindfulness meditation is mindfulness-based stress. (Sharma & Rush, 2014)

Regulating stress is a progressing and evolving process. As a person acclimatizes, he promotes some or all of the following:

Defensive Strategies

This behavior is sometimes supportive for a short span and may possibly distort or negate the reality of the stressful state. By ignoring the situation and defending it, the human mind gets tired, and at some point, this can become harmful to itself.

Coping

In this strategy, a person emphasizes practicing active ways to hold the situation and think about the problem. First, he confronts the situation, analyzes it, sticks to it to solve and apply accordingly what he has already learned in his life. In this way, he can cope with this undesirable situation.

Reaction Formation

You respond to uncomfortable, improper feelings or thoughts by creating a conflicting opinion, but do not do this consciously. Unconsciously, you develop such feelings you don't mean to have and behave in response to them, in reaction to the unpleasant and stressful situation.

Denial

In this strategy, a person refuses or is unable to admit some reality that is distressing and upsetting. Whenever any stressful situation occurs, the person denies to admit as a defensive mechanism and tries to keep himself out of that matter.

Workaholism

In this strategy, an individual tries to distract himself while concentrating on work. In this way, he avoids confronting a problem by keeping himself busy with his other tasks and taking his mind off the stressful situations.

Repression

In this situation, a person who experiences a problem just avoids thinking about it and represses the problem. In this way, he tries to manage unfavorable events and circumstances.

If one individual wants to manage their own stress, then they should learn the following things:

- The situation of one person is different from that of another due to different circumstances. Someone may experience stress in the same situation where another may feel delighted.
- Stress happens in a cyclone-like continuum. In the beginning, it may be like a few breezes, but it can rise until it gets out of control. So, a person must recognize which stress reactions are early signs for them. In this way, a person will be able to deal with at the initial point.

Works Cited

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