

# HOW TO MANAGE STRESS?

Dinaz tells you why, what, and the way out!

*60% to 90% of all visits to a doctor are related to stress. Mental and emotional stress increases the risk of physical injury and pain*



## *Index*

<i>Stress: Definition and Causes</i>	<i>3</i>
<i>What Happens When We're Stressed?</i>	<i>5</i>
<i>How to manage stress</i>	<i>8</i>
<i>How to Handle Stress</i>	<i>8</i>
<i>Exercise and Tips for Stress Relief</i>	<i>10</i>
<i>Sum it up</i>	<i>14</i>

## Stress: Definition and Causes

Stress is a term used to describe the body and mind’s reaction to everyday tensions and pressures. Too much stress can increase pain, and can make a person more prone to illnesses, such as heart disease or mental problems.

*Causes of stress are known as Stressors. Stressors can be physical or emotional:*

### Day to Day Stressors

- Noise, crowding, Clutter
- Uncomfortable temperature
- Heights or Confined Spaces
- Rush-hour traffic
- Waiting in lines
- Financial problems

### Social Stressors

- Relationship problems
- Dealing with rude, aggressive or competitive people
- Getting married
- Getting divorced
- Having a child

- Moving to a new house or city
- Death of a loved one

### Work Stressors

- High responsibility
- Environmental, such as noise, temperature, lighting, isolation, lack of privacy, etc.
- Playing more than one role at once
- Uncertainty in job duties
- Pressure from boss or co-workers
- Personality clashes
- Promotion or job loss
- Deadlines



### Job Stress

- Working conditions play a primary role in causing job stress.
- Individual and situational factors play a role too.

Job Stress is the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker.

## Personality Types

How you deal with your stress depends on what kind of personality you have. Basically there are 2 personality types categorized based on the way the person deals with stress.

### Type A

- *Impatient, Irritable and Hostile*
- *Excessively time conscious*
- *Highly competitive*
- *Incapable of relaxing*
- *Unhappy with slightest delay*

- *Hostility component of Type A personality is linked to heart disease*

### Type B

- *Patient*
- *Relaxed*
- *Easy-going*

*Type A individuals, in essence, create more stress for themselves*

*Stress also decreases immune system function. It is observed that Chronic stress is 6 times more predictive of cancer and heart disease than smoking, cholesterol, or high BP.*



*Type B individuals are less likely to get “stressed-out”*



## What Happens When We're Stressed?

### NERVOUS SYSTEM

- “Fight or Flight” response by the body
- Nervous System signals the adrenal glands to release adrenaline and cortisol.
- These hormones make the heart beat faster, raise blood pressure, change digestive process and boost glucose levels in the bloodstream.

### MUSCULOSKELETAL SYSTEM

- Muscles tense up
- Contraction of muscles for extended periods can trigger headaches, migraines, and various musculoskeletal conditions

### RESPIRATORY SYSTEM

- Stress can make you breath harder and cause hyperventilation, which can induce panic attacks

### CARDIOVASCULAR SYSTEM

- Acute Stress (stress that is momentary) causes an increase in heart rate and stronger contraction of the heart muscles
- Blood vessels that direct blood to the large muscles and heart, dilate, increasing the amount of blood pumped to these parts
- Repeated episodes of Acute Stress can cause inflammation of the coronary arteries, and can lead to heart attack.

### ENDOCRINE SYSTEM

- Adrenal Glands: Brain sends signals causing the adrenal glands to produce the stress hormones Cortisol and Epinephrine
- Liver: When Cortisol and Epinephrine are released, the liver produces more glucose, which gives you the energy for the “fight or flight” response in an emergency.

### GASTROINTESTINAL SYSTEM

- Stress may prompt you to eat more or less than you usually do, or increase your intake

of caffeine. This could lead to heartburn or acid reflux.

- Your stomach can react with pain or nausea, and if the stress is severe enough you could vomit
- Stress can affect digestion and which nutrients your intestines absorb. This could lead to either diarrhea or constipation

### REPRODUCTIVE SYSTEM

- In men, excess amounts of cortisol can impair testosterone and sperm production and cause impotence
- In women stress can cause irregular menstrual cycles or more painful periods.
- Frequent headaches, jaw clenching or pain

- Gritting, grinding teeth
- Stuttering or stammering
- Tremors, trembling of lips, hands
- Neck ache, back pain, muscle spasms
- Light headedness, faintness, dizziness
- Ringing, buzzing or "popping sounds"
- Frequent blushing, sweating
- Cold or sweaty hands, feet
- Dry mouth, problems swallowing
- Frequent colds, infections, herpes sores
- Rashes, itching, hives
- Unexplained or frequent "allergy" attacks
- Heartburn, stomach pain, nausea
- Excess belching, flatulence.

### HEALTH PROBLEMS LINKED TO STRESS

Because of the effects listed in 'What happens when we are stressed' most of the known and prominent health problems of today's society follow stress. They include:

- Heart attack
- Hypertension
- Stroke
- Cancer
- Diabetes
- Depression
- Obesity
- Eating disorders
- Substance abuse
- Ulcers
- Irritable bowel syndrome
- Memory loss
- Autoimmune diseases (eg. lupus)
- Insomnia
- Thyroid problems
- Infertility
- Headaches
- Insomnia / Anxiety
- Impotence/ Reduced Drive & Desire
- Frequent Colds / Flu / Lowered Immune Function
- Back Pain / Chronic Pain of Any Nature

### THE OTHER COSTS OF STRESS

Apart from physical health damage stress also brings havoc into your lives by bringing in the following:

- Less job satisfaction
- Absenteeism
- Higher health costs
- Leading cause of short & long disabilities

### ARE YOU SLEEPING WELL?



All these listed problems decrease the quality of your life and deprives you of the peace you need to enjoy a good sleep. Thus follows the vicious loop of stress - no destress - more stress because sleep is one of nature's way of de-stressing us.

#### *Affects of Sleep Deprivation*

- **Problem solving skills are impaired:** Sleep loss noticeably impairs our ability to comprehend rapidly changing situations, increases the likelihood of

distraction, makes us think more rigidly, and reduces our ability to produce innovative solutions to problems.

- **Learning and memory suffer.** Research studies show that the cerebral cortex is the part of the body most affected by inadequate sleep. A direct connection has been shown between sleep loss and our abilities to concentrate and remember.
- **Motor skills are impaired.** Numerous studies have demonstrated a direct connection between sleepiness and impaired hand-eye coordination. The degree of impairment has led researchers to compare it in severity to drunkenness. The combination of impaired judgment and diminished hand-eye coordination leads to thousands of vehicle accidents per year, and numerous home and industrial accidents.

***When you do not sleep well, you inherit:***

- Impaired judgment.
- Diminished creativity and productivity.
- Inability to concentrate.
- Reduced language and communication skills
- Slowed reaction times and decreased abilities to learn and remember.

***All of these will again increase your stress level!***

## HOW TO MANAGE STRESS?

To handle stress we need to know what beats it. Here are the most effective tried and tested strategies:

- Improve sleep routine
- Healthy diet
- Aerobic exercise
- Emotional outlet
- Positive imagery
- Breathing exercises

Once you realize you are stress how do you effectively reduce it without compromising on your productivity. The solution is much simpler that we imagine. These few guidelines will put you sailing comfortably through the day even when the tides of stress threaten to cause havoc.

- ✓ Maintain a Schedule
  - ☑ Daily meals
  - ☑ Exercise
- ✓ Prevent it
  - ☑ Avoid unnecessary stress
  - ☑ Practice more patience
  - ☑ Control RESPONSES
- ✓ Establish priorities
  - ☑ Plan ahead
  - ☑ Make “to do” lists- in order of importance

- Do most important- drop some
- ✓ Take time out
  - Spend a few minutes each day alone to break routine (or socializing!)
  - Set aside time each week for recreation
  - Exercise regularly
- ✓ Have faith (meditate, pray, worship)
- ✓ Think positively
  - Maintain a positive attitude- give you more control
  - Negativity wastes energy
  - Practice “I can” rather than “I can’t”
- ✓ Have a sense of humor
  - Laugh with others and at YOURSELF!
- ✓ Communicate
  - Talk over your concerns and feeling with a friend, family member, or professional
  - “Talking-it-out” relieves stress and gives you insight
  - Learn to listen and consider suggestion with an open mind.
- ✓ Make decisions
  - Don’t resist change if it is needed
  - Make a choice and move on.
- ✓ Get support
  - If you problems are too much to discuss with a friend or family member OR you feel they would be too much of a burden- get professional assistance!
  - Remember you are NOT alone.

Pay attention to your physical health, motivation, and commitment to building a good emotional attitude and positive mental outlook on life!

To sum it up..

- Eat wisely
- Consult your physician or psychologist for professional advice
- Exercise regularly
- Take time to rest, relax, recreate
- Set goals in you life
- Adapt to change
- Communicate your feelings
- Think positively

## EXERCISES AND TIPS FOR STRESS RELIEF

Exercise is the best known stress buster for stress. Yes EXERCISE!!! Though you'll be tired with the way everything around you kept you at your nerves end, exercise will prove to be worth the extra effort if you just motivate yourself to end the stressful day or begin the day with a workout session. Wondering why? Read on:

### *Detoxification of Stress Related Compounds*

- During the stress response somewhere in the neighborhood of 1500 biochemical reactions occur in the body.
- Neurotransmitters are activated, hormones are released, and nutrients are metabolized.
- Some body systems (e.g., the cardiovascular system) accelerate their functions and others (e.g., the gastrointestinal system) slow down their operations in response to stress.

*Regular exercise is useful in removing the byproducts of the stress response and allows the body to return to homeostasis faster and reduce the physical impact of psycho-social stress.*

### *Outlet for Anger and Hostility*

The expression or repression of anger and hostility plays an important role in disease progression. Whether one gets on tennis court and smashes away at a ball, or beats up on their pillow, the physical release of energy appears to dissipate feelings of anger in a healthy way.

### *Moving Meditation*

- Certain forms of exercise (jogging, cross country skiing, swimming, hiking, bicycling) require a fairly consistent repetitive motion that can alter one's state of consciousness.

*Breathing and movement, act as a mantra and may in part be responsible for the feelings of calmness and tranquility experienced by some in response to exercise.*

### *Enhanced Feelings of Self Esteem*

Appropriately high levels of self esteem and self worth have been correlated with increased ability to cope with high stress levels.

Exercise cultivates self esteem and self worth in a number of ways because:

- Whenever an individual participates in a health enhancing activity it is common to experience increased feelings of self worth as one realizes they are doing something which will ultimately benefit them.

- Participation in physical activities that have known social value attached to them, promotes social acceptance and status.
- Regular physical activity is that it has the potential to alter one's body image in a socially desirable manner thus increasing self image and improving self esteem.
- Frequent physical activity also promotes consistent physical challenges which when conquered, foster feelings of self worth.

### ***Periodic Solitude and Introspection***

- For some, exercise is a solitary escape from the daily toils and pressures of a stressful society. The escape can be a bicycle ride in the park, an early morning run, or any other form of physical exertion that provides a mini vacation and allows one to recharge their energy levels to deal with conflicts when they return.

### ***Opportunities for Social Support***

- The buffering effects of social support are well documented. Recreational and fitness activities encourage a sense of fun and play with other individuals that have similar interests and can provide a number of opportunities to discuss life situations. This sharing reassures one that they are not alone and that help is available for the asking.

### ***Reduction of Muscular Tension***

- During stress, muscles contract and lose their normal resting muscle tone. Bouts of physical activity allow muscles to work, thereby releasing stored energy and allowing muscle groups to return to their normal resting potential.
- This action also reduces further stress that is precipitated by pain and discomfort associated with muscular tension. Stretching is also effective in reducing muscular tension.

### ***Endorphin***

- Catecholamines including  $\beta$  endorphins have been shown to increase during physical activity of 20 minutes or more. This morphine like substance has been shown to provide an analgesic (pain relieving) effect and promote a sense of euphoria.
- The positive mood states associated with frequent exercise are so significant that some have suggested that this is a more effective treatment for clinical depression than either psychotherapy, or the use of anti depression drugs.

### ***Improvement in Sleep and Rest***

- A symptom of stress overload for some is the inability to sleep or get adequate rest. A fatigued individual is less able to perform at a high level. Exercise has been shown to be very effective in helping some individuals fall asleep easily and sleep more sound.

### **Exercise for relieving Stress**

- Physical, mental, or spiritual exercise - or a combination of all three. What is good for the body is good for the mind and vice versa.
- Physical exercise is one of the most effective ways of relieving stress. Exercising the body regularly is very effective in managing stress, on its own or as a part of a stress management plan.
- Body releases chemical substances (endorphins) that are similar in nature to opiates. These natural substances produced by our own bodies are free of side effects, except for making us feel good.
- Every little bit of exercise counts. Don't think if you can't commit to a stringent fitness routine that it's useless. It's not. What motivates people to do more of something is to do little of something.

### **Exercises to Suit Everyone**

- From doing gentle stretching exercises to keeping up in a physically demanding aerobics class, stress relief can be achieved through a wide range of activities.
- Some people enjoy the solitude of walking alone. Other people need the stimulation of interacting with others, whether walking in a group, participating in a yoga class or other fitness class, or playing a sport such as tennis, racquetball, etc. Interacting with other people during exercise can provide additional stress relief.

### **Aerobics**

- Any activity that gets your heart pumping (aerobic exercise) will get those endorphins flowing and relieve stress. Though you should check with your doctor before embarking on any exercise program, walking is usually safe for anyone.
- Try to get your heart going a little faster for at least 15 minutes a day. Even a few minutes here and there of brisk walking can provide stress relief and improve your overall health.
- Where you walk counts: It is more relaxing to walk along a nature trail than to walk along a busy street. Natural surroundings trigger relaxation responses deep in the brain. Even mentally picturing

## **Don't make excuses**

Stressed out individuals often complain that they do not have time to exercise. This is unusual when one considers that a high percentage of CEOs of Fortune 500 companies indicate that they exercise on a regular basis. They have learned to be competitive and at their best only when they make the time to sweat and get their hearts pumping.



being surrounded by mountains, trees, or watching the waves roll in at the beach can have this calming effect.

**Strengthening Exercises**

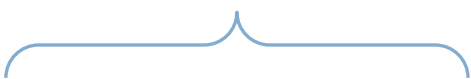
- Though not generally as effective as aerobics for relieving stress, many people find that getting into a strengthening exercise program does relieve stress.
- Strength exercises are also important to prevent injury during aerobic exercise by strengthening the muscles that support your joints. A toned body has as much impact on mental wellness as physical wellness.

**Stretching**

- Stretching exercises stimulate receptors in the nervous system that decrease the production of stress hormones. Stretching exercises also relax tight, tense muscles and increase blood flow to the muscles.

**REMEMBER**

- Stress costs!
- Stress kills!
- Stress must be managed!
- Take action.



The combination of exercise, dance and music at Dinaz's makes the task of losing weight a lot of fun. The workouts help me relax and live a stress-free life.

*Shamsia Quraishi, MBA Student*



I can work better now with more energy than before. After a long day of shooting, I still don't feel tired and worn out. In fact I am more alert now!

*Film Actor Raja*



Regular workouts at Dinaz's have helped me manage stress better. My confidence levels have plummeted!

*Sonali Sharma, Businesswoman*

