

STRESS MANAGEMENT -A REVIEW

Simi Thomas*¹ and R. K. Mahadevaswamy²

¹Nursing Tutor, JSS School of Nursing, Mysuru, Karnataka, India.

²Senior Nursing Tutor, JSS School of Nursing, Karnataka, India.

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*Corresponding author: Simi Thomas

Nursing Tutor, JSS School of Nursing, Mysuru, Karnataka, India.

ABSTRACT

We must all learn to cope with stress because we will all be exposed to it at some point in our lives. Physical disease, psychological illness, strained personal relationships, poor work-life balance, and an inability to cope with daily routines are just a few of the negative repercussions for those who are unable to cope with stress and employ appropriate stress-management tactics. Stress occurs when a person's natural state of homeostasis is disrupted. Everyone is subjected to stress at some point in their lives, whether it is at job, school, college, or even at home. It is critical to recognise the source of stress and manage it as soon as possible in order to live a safe and happy life.

KEYWORDS: Stress, Stressors, Eustress, Distress, Strategies.

INTRODUCTION

Stress is a mental or emotional taint or tension created by adversity or difficulty. Stress can also be defined as anything that is expected or unanticipated. People, things, and even the environment may all be stressors. According to several studies, three out of every four adults experience stress at least twice a month. Heart disease, high blood pressure, strokes, alcoholism, obesity, opiate abuse, smoking, depression, and other dangerous behaviours have all been related to stress.

What is STRESS?

- "A person's adaptive response to stimulus that places excessive psychological and physical demands on him or her".
- Experiencing events that are perceived as endangering one's physical or psychological wellbeing.

What is STRESSOR?

- Stressors are the events that cause the stress (e.g., car accidents, wars, exams. etc.).
- Stress is induced by a stimulus known as stressor.
- Stressors may be physical or psychological in nature and place an excessive demand on an individual.

Types of Stress: There are two types of stress-

1. Acute Stress: Acute stress occurs for a short period of time and is caused by job pressure, meeting

deadlines, a minor injury, overexertion, increased physical activity, seeking for anything other than what you misplaced, or other things. This type of tension is characterized by headaches, back pain, stomach pains, rapid heartbeat, muscular aches, and bodily pain.

2. Chronic Stress: A long-term stress that might last weeks, months, or even years is referred to as chronic stress. Poverty, broken or stressful families and relationships, chronic sickness, and recurrent failures in life are all factors that lead to stress. People who are exposed to this type of stress become accustomed to it and may be unaware that they are suffering from chronic stress. It poses a serious threat to their well-being.

Dr. Hans Selye's point of view Different /types / Forms of Stress

1. **Eustress** (sometimes referred to as "positive stress" or "good stress"): is a pleasant type of stress induced by pleasant stimuli. Positive stress boosts productivity. Consider the case below: A good grade on an exam or a promotion in work

2. **Distress** (sometimes referred to as bad stress or negative stress): is a state of mental tension. People who are subjected to negative stress for an extended period of time may experience a variety of undesirable repercussions. Financial issues or a busy workload, for example.

Causes: Financial, work place, personal space, health problems and irritants.

Some of the stress symptoms are as follows

1. Physical symptoms: Poor results, increased sickness, cold and sweaty hands, headache/backache, jaw discomfort, heartburn, and diarrhoea are all physical symptoms.

2. Behavioral symptoms include: increased alcohol, tobacco, or narcotic usage, increased smoking, difficult relationships, less social contact, poor judgement / indecision, lack of appetite, impatience, and tearfulness.

3. Emotional symptoms include: depression/anxiety, irritability, rage, depression, crying, suicidal ideation, loss of humour, and worrying.

4. Cognitive/ mental symptoms: Confusion, poor attention/decision-making capacity, lack of concentration, poor memory/memory trouble, difficulty making decisions.

Stress Management: There are two types of stress management

1. Non-pharmacological
2. Pharmacological management.

Non-Pharmacological Management

Relaxation Techniques: A relaxation method is a tool, process, technique, or operation that helps a person relax, calm down, or reduce worry, stress, or anger. Relaxation exercises aid in the recovery of our bodies and minds from the detrimental effects of stress.

Laughter Therapy: is a type of therapy that is controlled by the brain. It signifies acknowledgment and positive social interaction. The diaphragm and other components of the respiratory system contract in a rhythmical and occasionally audible manner during laughter. It's a response to both external and interior stimuli. By relaxing all muscles and improving blood flow, laughter improves blood circulation and reduces the risk of clotting, high blood pressure, and heart disease. It also improves lung capacity and blood oxygen levels. Asthma and bronchitis symptoms are alleviated. As a result, laughter is considered the best aerobic workout, universal treatment, and most effective miracle drug, all of which are free. Without a question, this is the most prevalent and widely used therapy on the planet.

Yoga: The term "literary" implies to the joining of two or more things. It unites the mind, body, and spirit. Yoga is a form of exercise that helps to manage stress, promote oxygen supply, induce sleep, boost metabolism, postpone ageing, improve focus, raise the immune system, treat depression, and control diabetes, among other things. Yoga techniques like pranayam and surya namaskar can prevent or treat asthma, respiratory infections, sinusitis, constipation, reducing brain pain, boosting blood circulation, lowering blood pressure, and other health problems. Yoga is a centuries-old Indian physical,

emotional, and spiritual discipline that is today practised all over the world.

Clay Therapy: Pottery is a wonderful activity for self-improvement. It's an easy approach to interact with oneself by expanding your horizons and learning more about yourself. Clay art improves one's quality of life by bringing a positive view to any situation. In recent years, Indian schools have used pottery in summer camps to improve students' imagination, motor skills, sensory growth, self-esteem, discipline, pride, and trust, and businesses have begun to use pottery as a clay play workshop for their employees to become ambidextrous, develop maturity, learn to deal with crises, improve time management, understand and reciprocate with others, and so on. Art therapy has made a name for itself in Western countries, but it is catching up in India.

Regular Exercise: is important for minimizing and preventing the negative consequences of stress. Make time to exercise three times per week for at least 30 minutes. For alleviating stress and tension, nothing beats aerobic exercise.

Make certain you get enough rest: Both your mind and body need enough sleep to function properly. Tiredness can increase stress and lead to impulsive decisions.

Pharmacological Management

Anxiety, sadness, nightmares, and sleep disorders are treated with a variety of drugs, including prazosin, clonidine, propranolol, carbamazepine, tolramate, zolpidem, valproic acid, and risperidone.

Medical And Nursing Students' Stress Levels:

Medical and nursing students face academic, interpersonal, familial, and emotional stress. All students confront challenges such as long academic classes, unstructured time, being on your own in unfamiliar surroundings, changed family relationships, and other issues. The entire number of theory and clinical hours for nursing and medical students, as well as the constantly changing academic curriculum, which is a long and challenging course.

Exam Stress In Students In the days, weeks, or months preceding up to, during, and after any evaluation or examination, students suffer increased worry or anxiety. Exam stress is caused by a lack of preparation and planning, high expectations from others, low motivation, peer rivalry, internal pressure, low trust, and contrast with others. Forgetfulness, a weak appetite or overeating, dizziness, blurred vision, inability to sleep, focus, or relax, panic, anxiety, worry, migraines or head aches, stomach aches, nail biting, raised heart rate, vomiting, depression, nervousness, and little or no contact are some of the exam symptoms.

Students' Academic Stress Management

Plan for today's date, the day before the test, plan for 24 hours, schedule the subject-prime, research-prime (i.e. morning 3 hrs, afternoon 3 hrs, evening 3 hrs, night 3 hrs); reading, writing, and revision plans; take disciplined action—stick to the plan, stick to the timeline, and keep track of your progress; Deep breathing, palming, rubbing hands and covering eyes, listening to music, and making vision boards for equations, maps, and visuals are all effective strategies to improve attention. Avoid taking advice from hyperactive pals who are continuously pestering you; instead, speak to them honestly and don't get carried away by their bad feelings.

Start with the most difficult subject first, stop putting off the unpleasant chore, enlist the help of knowledgeable professors and friends, and consult sources other than your notes; Keep distractions to a bare minimum at home, in the neighbourhood, during cricket matches, and on mobile/internet discussions; eat enough, relax, and sleep every day.

Take a moment to relax, clear your mind, smile and make someone else smile, and talk to someone. Focus on your weight, drink lots of water, have a balanced meal, and avoid rubbish and quick food. Eat fresh and dry fruits, a glass of milk, and nutritious snacks.

Say phrases like "I can and will," and "I trust and believe in myself" to make yourself feel better.

Be self-assured, communicate with your parents and teachers, express your dreams and goals, and connect and clarify. Make a vow to yourself today to take control of yourself, your tests, your career, and your life; double-check everything, avoid unnecessary dispute, and manage your time.

Extremely Stressed Nurses and Doctors: Healthcare employees are under a lot of stress during their time on the job. The following are some of the most common reasons:

Job design; interpersonal interactions at work, patients and their families; poor prime management, teaching components; dealing with death and dying, personal reasons for doubt; lack of resources such as people and material; market demand, lower compensation, promotion delays, and so on.

Interventions: Make a daily work schedule; Among other things, maintain interpersonal interactions with patients, family members, and team members. Orientation and preparation, as well as in-service training and ongoing monitoring and supervision, are all part of the process. Making arrangements for recreational events, resolving grievances, and altering break periods are used to motivate employees. Credits, rewards, and certificates for outstanding performance are used to motivate employees. By planning for services such as

people, material, and extra pay for more work/over time, you can provide additional pay for extra work/over time and quality therapy to patients.

CONCLUSION

Stress is a prevalent problem that affects practically everyone at some point in their lives. We must first recognise when we are stressed, what is stressing us, and how to cope with stress in order to greatly improve our mental and physical well-being. We should take control of our feelings, emotions, and environment rather than allowing stress to rule our life. Stress isn't bad in and of itself; it's how we respond to it that causes our bodies to alter. So, let's de-tension and switch to a more positive response for a better existence.

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