

Orientation Evaluation C3

Understanding Stress and Ways to Cope

Speaker:

Prof. Neena Kohli

Submitted BY:

- 1.Palak Ahuja(IIT2020066)**
- 2.Ambikesh Arman(IIT2020095)**
- 3.Harshit Kushwah(IIT2020039)**
- 4.Sakshi (IIT2020037)**
- 5.Anuj Chaturvedi(IIT2020019)**
- 6.Anushtha Bageria(IIT2020064)**

Index

Topics which are going to be covered are:

- 1.Experiencing stress in our lives.
- 2.Biopsychosoical Aspects of Stress.
- 3.Sources of Stress.
- 4.Measuring Stress.
- 5.Can Stress be Good for You?

Experiencing stress in our lives

Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous.

These demands can come from work, relationships, financial pressures, and other situations, but anything that poses a real or perceived challenge or threat to a person's well-being can cause stress.

Stress can be a motivator, and it can even be essential to survival. The body's fight-or-flight mechanism tells a person when and how to respond to danger. However, when the body becomes triggered too easily, or there are too many stressors at one time, it can undermine a person's mental and physical health and become harmful.

Dimensions of Stress:

Stress can be viewed along four different dimensions: the cognitive, the affective, the behavioral, and the physical and can impact individuals in one or all of these areas.

- **Cognitive Dimension:** The cognitive manifestations of stress have to do with our thinking and thought processes.
- **Affective Dimension:** Likewise, at the affective level, one's emotions can be affected by stress.
- **Behavioral Dimension:** Increased levels of stress can also result in behavioral changes like alcohol and substance use and abuse, and absentee issues.
- **Physical Dimension:** Physically, high levels of stress have been linked to changes in appetite and sleep patterns, weight gain or loss, and other health issues like high blood pressure and ulcers.

Biopsychosocial Aspects of Stress

In this topic we are going to discuss about two main aspects which are:

- Psychological aspect
- Biological aspect

Psychological aspect

Untreated chronic stress, or stress that's constant and lasts over an extended period of time, can result in high blood pressure or a weakened immune system.

Stress has the ability to negatively impact our lives. It can cause physical conditions, such as headaches, digestive issues, and sleep disturbances.

There are any number of situations that can cause stress. Dr. Gary Brown, a licensed psychotherapist, says some of the more common stressors include:

- new or increasing work responsibilities
- increasing demands
- financial strain
- loss of a loved one
- health problems

Biological aspect

STRESS is a situation that triggers a particular biological response. When you perceive a threat or a major challenge, chemicals and hormones surge throughout your body.

Stress triggers your fight-or-flight response in order to fight the stressor or run away from it. Typically, after the response occurs, your body should relax. Too much constant stress can have negative effects on your long-term health. That gets your heart beating faster and sends blood to muscles and important organs. You feel energized and have heightened awareness so you can focus on your immediate needs. Some of the more common physical, psychological, and emotional signs of chronic stress include:

- rapid heart rate
- elevated blood pressure

- feeling overwhelmed
- fatigue
- difficulty sleeping
- poor problem-solving

Sources of Stress

There are different types of sources of stress like:

- **SOURCES WITHIN THE PERSON**

Sometimes the source of stress is within the person illness is one way stress arises from within the individual. Another way stress arises within the person is through the appraisal of opposing motivational forces, when a state of conflict exists. Some of our most common and significant stressors arise from motives or goals, especially motives about social interactions and relationships with other people.

- **SOURCES IN THE FAMILY**

Part of the stress stems from the amount of time needed to care for the child and from the reduced freedom family members have in their schedules. The strain on their financial resources can be severe if the sick adult is a principal breadwinner.

- **SOURCES IN COMMUNITY AND SOCIETY**

Almost all people at some time in their lives experience stress that relates to their occupations. Often these stressful situations are minor and brief and have little impact on the person. People's environments can be a source of stress Some of these stressors are of only moderate levels, such as when we are at an event in a noisy, crowded arena.

Measuring Stress

Knowing how to spot the signs and symptoms that you're under too much stress can help you stay aware and address the issues before they harm your health.

Some of the physical signs that your stress levels are too high include:

- Pain or tension in your head, chest, stomach, or muscles.
- Digestive problems.
- Reproductive issues.
- Changes to your heart rate and blood pressure.

This usually happens when there's a momentary stressor, and the effects pass once it's over. For example, you might find your heart racing if you're late for a meeting, but then it calms down once you're there.

Stress can also affect how you think and feel, making it tough to get through your normal responsibilities and make rational decisions. In some cases, this kind of stress can impact behavior in other ways, and some people turn to drugs, alcohol, tobacco, or other harmful substances to cope with their feelings.

Excessive stress may also affect your appetite, causing you to eat more or less than usual, and it may affect or eliminate your motivation to exercise and stay fit. Additionally, the feelings you get when you're stressed may make you feel like withdrawing from friends and family and isolating yourself.

Can Stress be good for you?

Some people think any type of stress is bad, but this isn't the case. In truth, all stress is not created equal. Obviously, when you're overwhelmed and under pressure it's hard to see the silver lining. And if someone told you stress is beneficial to your health; you might laugh them off or suggest they have their head examined. But there's validity in this statement. So, before you coin stress as the "bad guy," consider some of these surprising health benefits:

- It improves cognitive function

- It helps you dodge a cold
- It enhances child development

You can often make the shift in bad stress to good stress by:

- Focusing on the resources you have to meet the challenge
- Seeing the potential benefits of a situation
- Reminding yourself of your strengths
- Having a positive mindset