

**STRESS MANAGEMENT: LIVING A LIFE IN A BATTER WAY****<sup>1</sup>\*Dr. Monika and <sup>2</sup>Dr. Tejendra Singh**

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**ABSTRACT**

Stress is a normal psychological and physical reaction to the demands of life. A small amount of stress can be good, motivating you to perform well. But many challenges daily, such as sitting in traffic, meeting deadlines and paying bills, can push beyond the ability to cope. Brain comes hard-wired with an alarm system for your protection. When your brain perceives a threat, it signals your body to release a burst of hormones that increase your heart rate and raise your blood pressure. This "fight-or-flight" response fuels you to deal with the threat. Once the threat is gone, body is meant to return to a normal, relaxed state. Nonstop complications of modern life and its demands and expectations mean that some people's alarm systems rarely shut off. Stress management gives you a range of tools to reset and to recalibrate your alarm system. It can help your mind and body adapt (resilience). When stress becomes chronic, the body cannot return to normal functioning. Chronic stress can be linked with health conditions

such as heart disease, high blood pressure, diabetes, depression and anxiety.

**KEYWORDS:** Stress, Ayurveda, Cortisol, Psychotherapy.

**INTRODUCTION**

Stress is a natural part of life, and it can affect anyone, regardless of their age, profession, or background. In today's fast-paced world, stress has become a common phenomenon, and if not managed properly, it can lead to serious physical and mental health problems. Stress is a normal response to a perceived threat or pressure. It can be caused by various factors, including work-related issues, financial problems, relationship issues, and health concerns.

When we experience stress, our body's "fight or flight" response is triggered, releasing stress hormones like adrenaline and cortisol. These hormones prepare our body to either fight the threat or flee from it. Stress management refers to the techniques and strategies used to manage and reduce stress. It involves identifying the sources of stress, learning how to cope with them, and developing healthy habits to prevent stress from building up.

Ayurveda is a 5,000-year-old system of medicine that originated in India. The word "Ayurveda" means "science of life" in Sanskrit. Ayurveda approaches stress management by identifying the individual's unique constitution, or prakriti, and tailoring a treatment plan to balance their energies. Ayurveda, stress is a state of imbalance in the body and mind, which can be caused by various factors such as lifestyle, diet, and environmental factors. In this article, we will explore the Ayurvedic approach to stress management, including diet, lifestyle, and herbal Drugs.

### Causes of Stress

There are many causes of stress, and they can be broadly categorized into two types: internal and external.

#### Internal Causes of Stress

- **Fear and anxiety:** Fear of failure, fear of the unknown, and anxiety about the future can cause significant stress.
- **Perfectionism:** Setting high standards for oneself and others can lead to stress and disappointment.
- **Low self-esteem:** Negative self-talk and lack of confidence can contribute to stress.
- **Unhealthy habits:** Poor diet, lack of exercise, and inadequate sleep can increase stress levels.

#### External Causes of Stress

- **Work-related issues:** Long working hours, heavy workload, and poor work-life balance can cause stress.
- **Financial problems:** Debt, financial insecurity, and lack of savings can lead to stress.
- **Relationship issues:** Conflict with family and friends, divorce, and social isolation can cause stress.
- **Health concerns:** Chronic illness, pain, and disability can contribute to stress.

### Symptoms of Stress

Stress can manifest physically, emotionally, and behaviorally. Here are some common symptoms of stress:

### Physical Symptoms

- **Headaches:** Tension headaches and migraines can be caused by stress.
- **Fatigue:** Feeling tired, sluggish, and lacking energy.
- **Insomnia:** Difficulty sleeping or experiencing disturbed sleep.
- **Digestive problems:** Stomach upset, irritable bowel syndrome, and acid reflux.

### Emotional Symptoms

- **Anxiety:** Feeling nervous, on edge, and fearful.
- **Irritability:** Feeling short-tempered, impatient, and frustrated.
- **Mood swings:** Experiencing sudden changes in mood, such as feeling sad, angry, or hopeless.
- **Loss of interest:** Feeling disconnected from activities and hobbies that were once enjoyable.

### Behavioral Symptoms

- **Procrastination:** Avoiding tasks and responsibilities.
- **Substance abuse:** Using drugs or alcohol to cope with stress.
- **Social withdrawal:** Avoiding social interactions and relationships.
- **Compulsive behaviors:** Engaging in excessive behaviors, such as overeating or overspending.

### Measuring stress

There are different ways to measure stress levels. One way is through psychological testing. The Holmes and Rahe Stress Scale is used to rate stressful life events and how life stressors influence illness. The DASS (Depression Anxiety Stress Scales) contains a scale for stress based on self-report items. Changes in blood pressure and galvanic skin response can also be measured to test stress levels. A digital thermometer can be used to evaluate changes in skin temperature, which can indicate activation of the fight-or-flight response drawing blood away from the extremities. Cortisol is the main hormone released during a stress response and measuring cortisol from hair will give a 60- to 90-day baseline stress level of an individual. This method of measuring stress is currently the most popular method in the clinic.

Despite stress often being thought of as a subjective experience, levels of stress are readily measurable; using various physiological tests, similar to those used in polygraphs. An example of stress being measured is using nano EEG sensors in detecting stress.

### Stress management

It consists of a wide spectrum of techniques and psychotherapies aimed at controlling a person's level of psychological stress, especially chronic stress, generally for the purpose of improving the function of everyday life. Stress produces numerous physical and mental symptoms which vary according to each individual's situational factors. These can include a decline in physical health, such as headaches, chest pain, fatigue, sleep problems, and depression. The process of stress management is a key factor that can lead to a happy and successful life in modern society. Stress management provides numerous ways to manage anxiety and maintain overall well-being. There are several models of stress management, each with distinctive explanations of mechanisms for controlling stress. Much more research is necessary to provide a better understanding of which mechanisms actually operate and are effective in practice.

### Management Techniques

Many stress management techniques cope with stresses one may find themselves withstanding. Some of the following ways reduce a higher than usual stress level temporarily, to compensate the biological issues involved; others face the stressors at a higher level of abstraction: There are many effective techniques for managing stress, including:

<b>Ayurveda</b>	Treatment As per your body type and state of diseases Medicines, Single Herbs, Panchkarma Therapies. Satvavajay Chikitsa
<b>Relaxation Techniques</b>	<ul style="list-style-type: none"> <li>• <b>Deep breathing:</b> Focusing on slow, deep breaths to calm the mind and body.</li> <li>• <b>Progressive muscle relaxation:</b> Tensing and relaxing different muscle groups to release tension.</li> <li>• <b>Meditation:</b> Focusing on a mantra or visualization to calm the mind.</li> <li>• <b>Yoga:</b> Combining physical postures, breathing techniques, and meditation to reduce stress.</li> </ul> <b>Yoga Nidra</b>
<b>Physical Activity</b>	<ul style="list-style-type: none"> <li>• <b>Exercise:</b> Engaging in regular physical activity, such as walking, running, or swimming, to reduce stress and improve mood.</li> <li>• <b>Stretching:</b> Stretching exercises to release tension and improve flexibility.</li> <li>• <b>Dance:</b> Dancing to release tension and improve mood.</li> </ul>
<b>Time Management</b>	<ul style="list-style-type: none"> <li>• <b>Prioritizing tasks:</b> Focusing on important tasks and breaking them down into smaller, manageable chunks.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Setting boundaries:</b> Learning to say "no" to non-essential tasks and commitments.</li> <li>• <b>Taking breaks:</b> Taking regular breaks to rest and recharge.</li> </ul>
<b>Mindfulness</b>	<ul style="list-style-type: none"> <li>• <b>Being present:</b> Focusing on the present moment and letting go of worries about the past or future.</li> <li>• <b>Acceptance:</b> Accepting things as they are, rather than trying to change them.</li> <li>• <b>Non-judgment:</b> Observing thoughts and feelings without judgment or criticism.</li> </ul>
<b>Self-Care</b>	<ul style="list-style-type: none"> <li>• <b>Getting enough sleep:</b> Prioritizing sleep and establishing a consistent sleep routine.</li> <li>• <b>Eating a healthy diet:</b> Focusing on whole, nutritious foods</li> <li>• Practice the 4 As- avoid, alter, accept, or adapt.</li> </ul>
<b>Aromatherapy</b>	Using scents to boost your mood is called aromatherapy. can decrease anxiety and improve sleep. Eg.-lavender, rose, vetiver, sandalwood, orange or orange blossom
<b>Journaling</b>	Regular journaling may be linked to a higher quality of life, more proactive self-care behaviors, and other healthful behaviors, such as taking prescribed medications.
<b>Social Support System</b>	Spend time with friends and family Having a social support system is important for your overall mental health. If you're feeling alone and don't have friends or family to depend on, social support groups may help. Consider joining a club or sports team or volunteering for a cause that's important to you.
<b>Avoid Unhealthy</b>	<ul style="list-style-type: none"> <li>• Eating too much</li> <li>• Smoking cigarettes</li> <li>• Drinking alcohol or using drugs</li> </ul> <p>Sleeping too much or not sleeping enough Caffeine and sugar. coffee, soft drinks, chocolate, Minimize phone use and screen time</p>
<b>Mislenious</b>	<ul style="list-style-type: none"> <li>• Autogenic training Social activity Cognitive therapy</li> <li>• Conflict resolution Cranial release technique Humour</li> <li>• Nootropics Reading novels Artistic expression Fractional relaxation</li> <li>• Stress balls Progressive relaxation</li> <li>• Somatics training Spending time in nature Natural medicine</li> <li>• Planning and decision making</li> <li>• Listening to music Spending time with pets Going for a walk outside</li> <li>• Taking a bath</li> <li>• Lighting candles Guided visualization</li> <li>• Hobbies and leisure activities Positive thinking</li> <li>• Progressive muscle relaxation Psychotherapy</li> </ul>

## DISCUSSION AND CONCLUSION

Stress is unavoidable. It is important to understand stress and how we can manage it. While stress can be beneficial, too much of it can be harmful. Stress affects women and men differently. Many conditions associated with stress — such as post-traumatic stress disorder, depression and anxiety — are more common in women than men. Beyond sex and gender

differences, there are individual differences, too. Some people are more resilient than others. Stress affects them less or more temporarily, and they might even perform better under stress. we all react to stress in our own ways, there is a long list of commonly experienced effects of stress that range from mild to life-threatening. Stress can affect immunity, which can impact virtually all areas of health. Stress can affect mood in many ways as well. Creating a stress management plan is often one part of a plan for overall wellness. Self-medicating with alcohol or drugs may provide an easy escape from stress, but the relief is only temporary. Don't avoid or mask the issue at hand; deal with problems head on and with a clear mind. chronic stress can lead to serious health problems. Don't wait until stress damages your health, relationships or quality of life. Start practicing stress management techniques today.