

Changes in Lifestyle That Aid in Stress Management

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Introduction


Today, stress is increasingly becoming complex and affecting almost everybody in society. The field of business and work are undergoing rapid change with competition, pressure, and appropriate innovations etc and led to put more stress on the workers who are expected to perform beyond the minimum capacity.

Although stress is sometimes referred to as a "challenge" or "positive stress," excessive stress can have detrimental effects on your body and mind.

Stress

- It is a reaction to a situation and isn't about the actual situation
- It is not a disease or injury but it can lead to mental and physical ill health.
- It occurs when the demands of the situation are greater than individual resources and efforts to deal with that situation.

Lifestyle Changes That Aid to Manage Stress

 **Exercise:** People who exercise also tend to feel less anxious and more positive about themselves. Get a dose of stress relief with these exercises like Running, Swimming, Dancing, Cycling and Aerobics. Along with exercise practising the following helps to keep individuals positive. If one doesn't have the time for a formal exercise program, one can still find ways to move throughout the day by following these tips:

- a) Bike instead of driving to the store.
- b) Use the stairs instead of the elevator.
- c) Park as far as you can from the door.
- d) Hand-wash the vehicle.
- e) Clean the house.

f) Walk on lunch break.

✚ **Diet:** A healthy diet can lessen the effects of stress, build up your immune system , level your mood, and lower your blood pressure.

- a. Lots of added sugar and fat can be more appealing when individual feels a lot of stress.
- b. Stick to a healthy diet with a few simple tips.
- c. Eat healthy snacks. Stay away from processed foods, and try not to eat mindlessly.

Consume food with nutrients like Vitamin C Magnesium and Omega-3 fatty acids etc. that seem to help lessen the effects of stress on the body and mind. Be sure to get enough these as part of a balanced diet:

✚ **Sleep:** A common side effect of stress is that one might struggle to fall asleep. If this happens three times a week for at least 3 months, one might have Insomnia, an inability to fall and stay asleep. Lack of sleep can also add to stress level and cause a cycle of stress and sleeplessness. Better sleep habits can help to lessen the stress. Habits that may help to cope up stress include:

- a. Drink less alcohol and caffeine close to bedtime.
- b. Set a sleep schedule.
- c. Don't look at electronic gadgets 30-60 minutes before bed.

✚ **Yoga:** This is a form of exercise, but it can also be a meditation. There are many types of yoga. The ones that focus on slow movement, stretching, and deep breathing are best for lowering anxiety and stress. Meditation can lower stress, anxiety, and chronic pain as well as improve sleep, energy levels, and mood.

✚ **Deep breathing:** This creates a state of deep rest that can change how body responds to stress. It sends more oxygen to brain and calms the part of nervous system that handles ability to relax.

✚ **Connect with people:** Spend time with a friend or family member who will listen. It is a natural way to calm and lower stress. When one connects with people in person, human body releases a hormone that stops fight-or-flight response.

✚ **Behavior:** How individual responds to people directly impacts the stress levels. Manage response with these tips:

- a. Try not to overcommit oneself
- b. Share the responsibility

- c. Count to 10 before responding to others
 - d. Walk away from a heated situation
 - e. Distract oneself with music or any art
- ✚ **Inner voice:** Nothing affects stress levels like the voice inside one's head. Exchange negative thoughts for positive ones. There are more benefits to positive self-talk than reducing stress. These include a longer life, lower levels of depression, greater resistance to the common cold and cardiovascular disease, and better coping skills for when hard times hit.
- ✚ **Laugh therapy:** When one laughs, human body take in more oxygen. Human heart, lungs, and muscles get a boost and body releases those feel-good hormones. Laughter also improves immune system, lessens pain, and improves mood for long periods time.

