

Stress, It's Impacts in Various Situations and Overcoming it towards Leading Healthy Human Life

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Abstract

Stress, a universal problem is most common to all of us. Every person experiences it in varying forms and degrees every day. Although, stress is beneficial to some extent in small doses but it affects our physical and mental functioning when it becomes too great. Thus, it becomes a problem. At this point it is important to find positive and productive ways to deal with the stress and more importantly to address the person or situation that causes the same.

Stress factors may often come from outside sources that are beyond our control. Different factors like working place, unemployment, relationship, parenting, life stages like ageing, pregnancy, teen years, transition etc affect our life. Even children are also affected by stress. Everybody has a different level of pressure and anxiety that we can handle stress without a bad outcome. It is also true that each of us reacts to stress differently. The level of tolerance to stressful situations can be addressed by the person own-self who experiences stress. The best way of overcoming stress is to prevent getting into situations that are likely to overwhelm our abilities to cope, although in most cases the outside stresses are uncontrollable.

Keywords: Stress, Stressful situation, Stressor, ACTH- Releasing factor, Corticosteroid, Catecholamine hormone, Workplace, Environment, Nutrition.

Introduction

Stress wrecks havoc on our emotional equilibrium as well as our physical health. It narrows our ability to think clearly, function efficiently.

Stress produces as number of physical and mental symptoms which vary according to the situational factors of every individual. It seems to us that there's nothing we can do about stress but we have a lot more control that we might think. Our ultimate goal is to lead a health balanced life. Overcoming of stress, starts with identifying the sources of stress in our lives. Pinpointing the sources of chronic stress can be more complicated while it is easy for identifying major stresses such as changing jobs, moving or going through a divorce. Sometimes we overlook how our own thoughts, feelings and behavior contribute to our everyday stress levels.

We may know that we are constantly worried about work deadlines, but maybe it is our procrastination, rather than the actual job demands, that is causing the stress. As we keep a daily log we will begin to see the patterns and common themes like what causes our stress, how we feel both physically and emotionally, how we act in response and what we can do to make ourselves feel better.

As stress is an automatic response from our nervous system, some stresses arise at predictable time e.g our commute to work, a meeting with our boss or family gatherings. We can either change the situation or change our reaction when handling such predictable stresses. It becomes helpful to think of the Four A's i.e Avoid, Alter, Adapt and Accept while deciding which option to choose in any given scenario.

Objective of the Study

In the present context of busy life for materialistic gain, cut-throat competition at our surroundings, Sourcing up of prices of our daily commodities, various kinds of health problems (including COVID-19), uncertainties in educational field, increasing unemployment problems, Poverty, Malnutrition Corruptions, distrust at both family and society levels,

casteism, religious orthodox, political hypocrisy etc, we are becoming victim of stress and strain. These have serious adverse influence on both physical and mental conditions. Instead of having a joyful life we are facing painful one, full of anxieties and worries.

Present study is a humble Endeavour to find out the root causes of the stresses at the every corner, the effects of those stresses and making the Public aware of the techniques of overcoming or managing these stresses, towards living a holy and purposeful life.

Definition of Stress

Any diversified stimulus that Produces the non-specific effects is known as Stress (Hans Salye, Premier stress Researcher of Canada).

Stress is a condition when a person perceives that demands exceed the personal and social resources, the individual is able to mobilize. It is our body's response to change in life. Stress motivates one to give better performance and get higher satisfaction level. Stress is characterized by enlarged and increased functioning of adrenal cortex. Any event that alters the steady state of the body is known as Stress.

Causes of Stress

Stress comes from many sources (stressors) which are as follows-

- 1) Many people are stressed by their job,
- 2) Their relationships,
- 3) Their Financial Issues,
- 4) Health Problems,
- 5) More mundane things like clutter or busy schedule,
- 6) Students are stressed by their Studies, Examinations, Competitions,
- 7) Youth are stressed by Un-employment problems, Nature of Employment, Workplace, Extra-Marital Relations etc.,
- 8) Older people are stressed by Old Age problems.

Symptoms of Stress

Physical

Fatigue, Headache, Insomnia, Sweating, Hair loss, Blood sugar, High cholesterol, Weight loss, Indigestion, Constipations, Acidity, Anorexia Nervosa, Peptic ulcer, Nervous vomiting & Diarrohoea, Bronchial Asthma, Ashmatic Wheezing, Angina Pectoris, Hypertension, Tachycardia (Faster Heart Beat), Vascular headache, Coronary insufficiency, High/Low blood pressure, Hyperthyroidism, Diabetes mellitus, Menstrual irregularities, Urticaria, Warts, Pruritis, Neurodermatitis, Scleroderma, Dermatomyositis.

Mental

Concentration loss, Going Blank, Loss of Memory, Indecision, Pessimism, Escapism.

Emotional

Anxiety, Anger, Depression, Easily Irritated, Lack of Confidence, Tense, Agitated, Impatient, Down.

Behavioral

Blaming others, False promises, Abnormal or Nervous talking, Isolating from others, Increased smoking and alcohol consumption, Hostile behavior, Overdoing activities, Temper loss.



Physiological Changes

1. Stress increases the production of ACTH-releasing factor hypothalamus. The increased ACTH from the pituitary, stimulates the Adrenal cortex to increase the level of corticosteroid in blood. These in turn depress the immunological defence mechanism, which increase the body's susceptibility to infective organisms.

SRS Components of the Brain

- Hypothalamus, pituitary, amygdala, and hippocampus all deal with basic drives, emotions, and memory
- Hippocampus → Memory processing
- Amygdala → Aggression (fight) and fear (flight)
- Hypothalamus → Hunger, thirst, body temperature, pleasure; regulates pituitary gland (hormones)

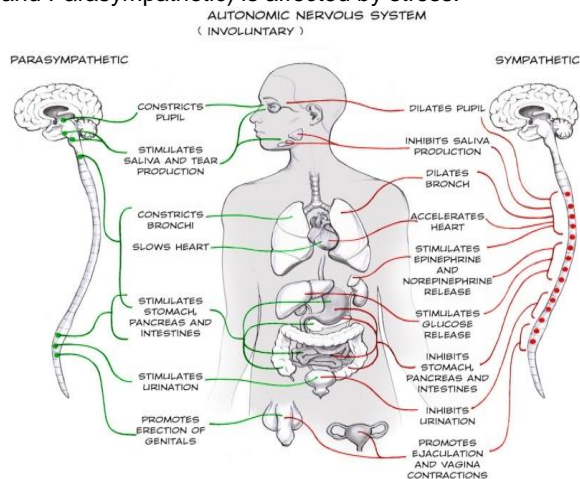
2. Epinephrine and Non-epinephrine (which are catecholamine hormones secreted by adrenal medulla) are regularly increased in response to stressful conditions (Frankenhaesen, 1971). Both have been formed to decrease various immune responses including anaphylaxis (Exaggerated

Physical responses) and delayed hypersensitivity. In the clinical cases of sarcoma there is significant increase in plasma and the malignant tissue catecholamine. These have vasoconstrictive properties; therefore blood supply to susceptible organ is reduced leading to tissue anoxia. When the stress continues for a longer period the cells become mutant multiplying rapidly. The cancerous cells need oxygen (Warburg). These cells, due to lack of Oxygen multiply fast. Mental peace and stability are thus major factor in the prevention of deadly tissue.

- Under stress nuclei of body cells breakdown rapidly for some unknown reason to form uric acid. This uric acid combines with sodium to form sodiumurate which gets deposited in small joints in the extremities preferably in big toe. Chronic stress brings on premature old age.
- Conjugation of RNA & DNA is increased under stressful condition. It also increases the free radicals of RNA in the cells. Both these effects together reduce the life span of cells. This change takes place in all the cells of the body. Thus chronic stress brings on premature old age.
- Psychological stress stimulates the secretion of the hypothalamic factors which in turn derange the secretion of pituitary hormones. The hormonal changes disorganise the metabolism and Physiology of the organs. These changes again disturb our psyche. This is a vicious circle.

Other Effects

Autonomous Nervous system (Sympathetic and Parasympathetic) is affected by stress.



- Increased or Decreased Rates of heart beats, constipation, Dilation & contraction of pupils, Increased or low Blood pressure, Acidity/Peptic ulcer are caused by stress through the imbalance of the above said two nervous system via hypothalamus.
- High level of cortisol decreases the number of eosinophills and lymphocytes in the blood.
- The same effect is observed within few minutes if cortisol is injected in the blood.
- High level of cortisol also causes atrophy of all the lymph nodes.
- Thus output of antibodies is reduced. This results into reduction in humoral immunity.

Is Stress always bad?

- Stress as integral part of our lives (i.e. common) cannot be avoided but controlled.
- Stress may not be a stress for everyone. It gives sometimes positive results.
- To become stressful is not so much bad as it is considered.
- One has to learn by himself how to manage your stress rather than relying on readily available recipes.

Nature of Stress according to Age

Life span Less than 04 years (Stressors)

- Disturbance in sleep,
- Sibling rivalry,
- Admission in school,
- Bed wetting/Night mares,
- Thumb sucking,
- Aggression,
- Tantrums (outburst of temper when a child is denied something)

Life Span 4-14 years (Stressors)

- Shouting at others,
- Eating too much or to less, Crying mere often,
- Sleeplessness, Anxiety, Headach, Stomachache,
- Negotiation also creates stress among children e.g. – ‘If you do this, I’ll give you this’,
- Parents demand for securing their children in position.

Precautionary Measures

Parents must be friendly with children to avoid stressful condition if they fail in examination.

Life span 14-18 years (Stressors)

- Behavior–Rebellion/Resistance,
- prolonged practice of watching TV, Internet surfing/Chatting,
- Sleep disorder,
- Lag behind in studies,
- Mood fluctuations.

Precautionary Measures

- Parents should spend time with them, speaking, Listening to them,
- To be friends with them, A small rebuke at a right time can prevent thousand worries in future,
- Parents love their children, but should not overlook their mistakes.

Life span 18 – 25 years (Stressors)

[Phase of Transition/Person is at crossroads, hesitate to decide what to do.]

- Very few people are lucky to get good campus placement. Rest of the graduates have to struggle,
- Difficulties of chosen career,
- Adjusting with the colleagues,
- Pleasing the boss, - Quite stressful – lack of confidence,
- Stress may lead to Alcoholism,
- Marriage, child birth increase responsibilities,
- Double income group face more stress in taking care of children.

Precautionary Measures- Young stars should practise exercise, be calm and patient, share difficulties with family members, meditate, listen to music, start small savings.

Life span 25 – 40 years (Stressors)

[Financial status getting consolidated, Health related issues are cropping, Physical Strength starts declining.]

Symptoms of Middle Life Crisis

1. Depression,
2. Trying to look younger,
3. Trying to socialize with younger people,
4. Excessive shopping & consumption of alcohol.

Life Span 40 – 60 years (Stressors)

[Period of building self-Image, Man looks back with both regret and gratitude, gratitude for what he has achieved and regret for what could not be achieved. Cruelties of this age, when it engraves indelible lines on face, noticing those wrinkles are realized by a person at this old age.]

Checklist

1. Challenges from the younger people ,
2. Problems of getting updated with traits of profession,
3. Marriage of sons/daughters/divorce of son/daughters,
4. Loss of life partner/daughter/parents,
5. Increased expenditure over available income,
6. Changes of social relation,
7. No work to do,
8. Menopause,
9. Decreased physical efficiency.

Precautionary Measures

1. Instead of brooding over the past (wrong decisions), one must think what can be done.
2. When negative thoughts occupy the mind, change the scene – e.g call a friend and watch a movie.
3. Keep monitoring thoughts, think of happy moments to replace negative thoughts.
4. Do social work – additional benefit – builds social reputation, improve self image
5. Regular exercises help to maintain good health.

Life Span 60 years and above (Stressors)

[After retirement too much free time gives boredom.]

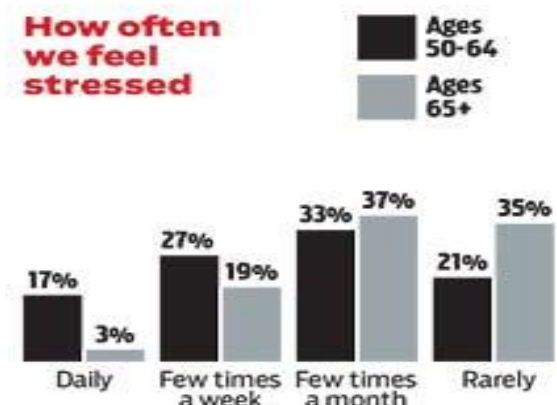
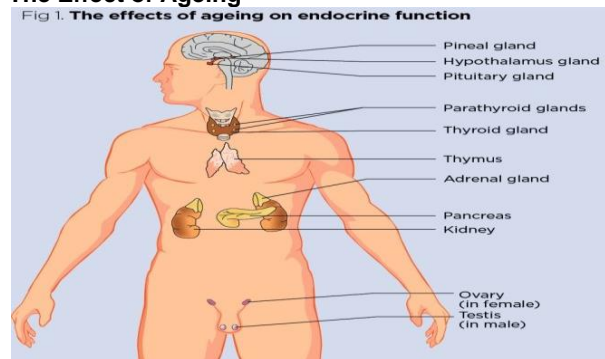
Checklist

1. Loneliness due to death of life partner,
2. Living away from progenies (sons/daughters),
3. Fear of death/burglary,
4. Stress due to advancement of technology,

Precautionary Measures

1. Spiritual inclination and meditation,
2. Be confident, courageous, committed.

The Effect of Ageing



Stress at Home

1. Lack of Security, happiness, rest, calmness, contentedness at home create stress.
2. Marital Stress – Paying no or less attention in conjugal life (Mobile Phones, TV, Social media etc. are the barriers).
3. Childlessness – DINKS (Double Income No kids) has become a fashion statements these days – but ultimately leads to stressful life (Adopting child – disagreed by other family members). But so many things are there which are invaluable as created by Almighty. We must learn, Cherish and relish them.
4. Children – Their education, company (undesirable), Career, better married life, Financial matters, Trend towards nuclear family, Expectations at old age. Dependent children (Ailing) unexpected response from children.

Precautionary Measures

1. Don't impose your desire on children,
 2. Have regular talk with them.
- Interference of in-laws – leads to parting of ways. Solution:- Mutual Trust on each other.]

Problems with Neighbors-

Petty Reasons

1. Car parking,
2. Mischievous behavior,
3. Back biting,
4. Peeping in for inside information,
5. Verbal abuse or threats.

Solutions

1. Choice your Residential area considering the economic conditions of the neighbours,
2. Don't interfere in neighbour's family affairs unless you are asked for,
3. Show your toughness,
4. Don't bother much,
5. Maintain working relation.

Difference with family members

It will ultimately lead to ego, clash, loss of prestige with ultimate spoil of the family.

Precautionary Measures

1. Be supportive in times of need,
 2. Family happiness is your own happiness
- Extra – Marital Relation – It causes the maximum stress to both husband and wife.

Precautionary Measures

1. Be honest, accept your mistake, beg pardon for it,
2. Pay attention to kids.

Stress among the students

Parental Pressure

1. Imposing their career choices on them,
2. Criticising them,
3. Comparing them with children of their friends,
4. Making unrealistic expectations.

Others Reasons

1. Students face stress related to admission,
2. Time schedule,
3. Competition,
4. Ragging,
5. Placement,
6. Crush in love,
7. Examination, Career issue, parents' expectations,
8. Fear of unemployment,
9. Uncertainty of future,
10. Losing company of friends,
11. Relation with the Teachers (Emotional bondage).



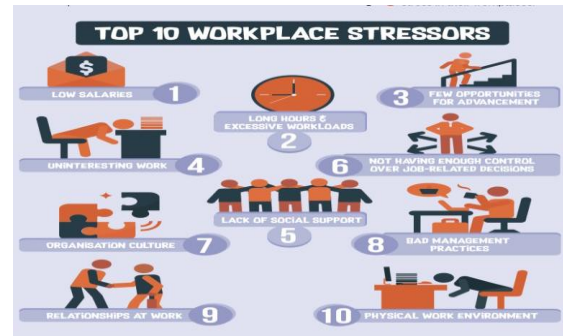
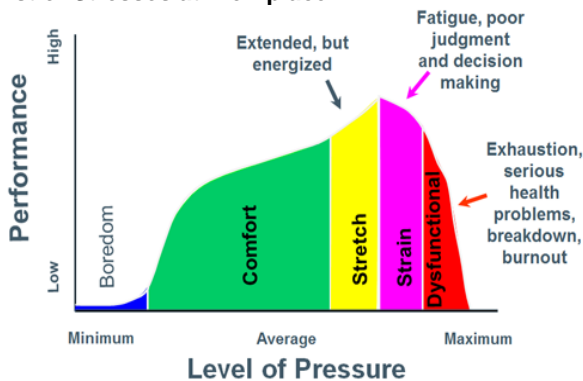
Overcoming Such Stress

1. Problem-solving mode,
2. Seek more information,
3. Explore stressful situation and try to know the root cause of anxiety,
4. Focus on brighter side of picture,
5. Try to learn new things and do a lot of hard work to practice new skills.

Symptoms of Students' Stress

1. Absent mind-ness,
2. Taking more care for personal get-up,
3. Less interest in studies,
4. Escape family responsibility,
5. Less sleep,
6. Efforts to remain aloof,
7. Homesickness.

List of Stresses at Workplace



Top 07 stress at workplace

Excessive work Burden

How to overcome – 1)Start working instead of thinking, 2)Prepare a list of tasks to be finished everyday/week/month, 3)Discard those works which do match with your responsibility

Poor Interpersonal Relations

How to overcome –

1. Attend invitation for functions,
2. Events of your colleagues,
3. Try to help your colleagues in critical times,
4. Don't get into the past over bitter experiences,
5. Forgiveness is the best medicine,
6. Give respect to others to earn respect,
7. Keep sportsman spirit.

Unable to cope with Technological changes

How to overcome –

1. Get yourself updated, Better technology is like having a better tool for executing a task,
2. To be a good teacher you need to remain the good student.

Lacking Respect in Organization

How to overcome – 1)Stop expecting things, 2)Prove efficiency or capacity, 3)Accept work of every nature, 4)Complete work in time (Time and Money are rare in life – people understand value of money but not of time), 5)Don't get confused with flattery as some people are there to please you for their vested interest.

Work does not Allow Much Time for Family

How to Overcome –

1. Before it is too late we should realise the need of family,
2. Understand the value of family support & emotional bonding with it,
3. Never make a promise to your family if you do not Mean it,
4. Don't utter in workplace that family will not mind if you stay at workplace even after office hours,
5. Talk to your spouse and family members about your professional engagement.

Placed in a wrong job

[Few Opportunities & Advancement /Not Enjoying/Challenging/Low Salary]

How to overcome

1. You love the job,
2. Grow efficiency,
3. Know work description,
4. If you are not happy with your job, you find new job as per your liking.

Fear of losing the job

[Lack of control over job related decisions]

How to overcome- 1)Improve your skill, 2)Let the employer realize your Indispensability, 3)Keep your eyes open even when you are happy with your present job.

Money and Stress

According to Ancient Scripture, 'The wealth earned slowly and through hard work is the best one'.

Causes of Stress

1. Greed for money,
2. Competition for money,
3. Loss of money,
4. No money,
5. Excessive money also causes stress.

How to achieve healthy & Wealthy Family life

1. Relations are true wealth,
2. Determine Financial Goals,
3. Save money,
4. Insurance (Premium = Buying peace of mind),
5. Donate and be happy,
6. Rule of 80/20 [20% of the Earned money will be consumed by the earner himself and the rest 80% is left behind],
7. No limit of accumulation (we forget journey of life enjoying,
8. Always remember the evils of lending money and Keep excuses ready for borrowers,
9. Keep expenses under control,
10. Make Budget and have Budgetary control,
11. Keep record of expenses, Be Selective about experts,
12. Consult a Financial officer,
13. Plan your retirement.

Communication and Stress (Factors)

1. A stressed person may communicate in an undesirable way,
2. Time and Place,
3. Third party presence,
4. Organizational policies,
5. Group of people (Club/Societies /people get strength to communicate when remain in a group),
6. Distance,
7. Mindset and perception,
8. Emotion & Feelings [Feeling sad with sad person/Feeling happy with a happy one],
9. Love to listen the stories of successful persons,
10. Language,
11. Status consciousness, confidence & Trust,
12. Courage (Raise your voice for your rights),
13. Knowledge & Motive,
14. Chose your words (Sweet with appropriate Body language),
15. Hold your temper,
16. Anger causes stress which leads to tensed muscles, headache, depression, Indigestion, Insomnia.

How to overcome Anger

1. Practice Deep Breathing,
2. Think positive,
3. Turn your attention from the issue,
4. Look within and Stop blaming others,
5. Do Meditation, Yoga,

6. Listen to relishing music,
7. Be Assertive,
8. Avoid mental noise (Concentrate on positive aspects),
9. Humour (Good for speaker and Listener),
10. Handle complaints properly.

Factors for Urban Stress

1. Housing,
2. Overcrowding,
3. Water supply, drainage,
4. Transportation,
5. Traffic,
6. Pollution,
7. Power shortage,
8. Nuclear families.

Factors for Rural Stress

1. Small Land holding,
2. Lack of infrastructure,
3. Unemployment,
4. Decline of village Industries,
5. Poverty, Indebtness,
6. Farmers' suicide [According to Times of India dt. 22.12.2014 – 30% of households at villages are indebted, 40% Loans taken for business purpose – NSSO (National Sample Survey organization)],
7. Migration,
8. Caste system,
9. Poor care of livestock,
10. Lack of Health and Education facilities.

How to Manage or Overcome Stress

Following are the techniques for Stress Management as observed in various ways:-

Inculcate Positive thoughts

1. For Insomnia (Sleeplessness) – "I am feeling lightMy eyes are becoming heavier and heavier ...I am felling sleepy ...the Almighty gives the deep feeling of relaxation ..."
2. For Insecurities: - "...God, the supreme is always with me and I am completely secured."
3. Fear:- 'When God is with me who can be my enemy?[Never run away from fearful situationFace it boldly]...
4. Depression:- 'I am receiving positive vibration(Hopelessness) of bliss from the supreme and getting energized for day to day work.'
5. Addiction- "I am receiving positive powers from Him...My will power is increasing ...I have enough strength to completely overcome my old habits...I must not surrender myself to addiction.....".
6. Visualization technique- It is a powerful tool because our brain does not understand the difference between visualization and reality.
7. Benjamin o Bidd and Joseph J. Weed in their book "Amazing secrets of Psychic healing" have cited a large number of examples of curing minor and major physical problems by such technique which they named as 'Medi-Pic". Simonton and Simonton of the USA and others have successfully used this visualization technique in giving relief to cancer patients.

A few Examples- In case tumor- "A light falling on his tumor and gradually size of the tumor is getting smaller and smaller and ultimately disappears"



8. In case of Acidity and peptic ulcer- "Soothing and Relaxing Rays are falling from the Supreme soul like a lazer beam on stomach and production of acids is reducing and ulcer is gradually healing.
9. Headache- "Relaxing vibration from the Almighty are being received and these rays are gradually giving soothing effect to the blood vessels of my head and my headache is being relieved....."
10. Similarly, Backpain, Arthristis, Asthma, Diabetes, Skin problems can be completely cured when conventional medicines are combined with such specific visualization at the end of meditation.
11. Look at the Brighter side of life
12. Make a locus of control internal
13. Think as follows :- "Although I have lost money in my business. Yet I have good apartment, shop where I can do business..."

Other Remedial Measures for Stress & Strain

Take Life One Day At A Time

Don't brood over the past which is like a cancelled cheque, Similarly fortune is like a promissory note and we are not sure whether we will get the money or not. So we must make our today productive and useful.

Practice Mental Filing System

When you spend time with your children totally enjoy those moments(i.e. 100% commitment). When you are doing office work concentrate fully on office work i.e. we should open one file at a time and this will increase our efficiency instead of feeling tension and confusion of doing too many things at a time.

We Should Benefit From Criticism

A psychotherapist takes fees and finds our weaknesses and drawbacks. Whereas a critics are doing the same job without any fee. So, we should feel happy about it thank our criticizers.

Forgive Your Enemies In Order To Forget Them

Mentally we need to follow this art and master it for conquering our stress.

Spend Some Time In Helping Others

This will not only help others, we ourselves also are benefitted in transforming our beliefs.

Use Laughter As Antidote To Stress

Laughter acts as an antidote to many hidden and suppressed negative feelings .

Time Is The Best Healer

As time passes, the vicious circle is cut off and we are able to free ourselves from unnecessary tension.

We are a Guest in this World

Always remember that our original home is full of stillness and tranquility, the metaphysical world , the 'Paramdham'/ 'Shantidham' .

Don't Feel Jealous But Do Contemplation

Pyre burns a dead body but jealousy burns a living body. Instead of being jealous over colleague's promotion think, "I'll improve my ability so that in future I too shall get a promotion."

Substitute the Thoughts of Revenge by Self Transformation

Thoughts of revenge increase anxiety and anger. Rather we should find out our weaknesses and put efforts for self transformation.

Put Efforts of Giving Up Subtle Ego

If we make introspection we find that all of us have the gross ego to some extent and if we overcome this gross ego, we certainly have the subtle ego which brings ups and downs in own mental life. All of us should make efforts for breaking the subtle ego.

When We Face Problems Think That The Debt Of Your Past Actions Is Being Settled

We all should think along these lines when we face some problems in life to maintain the stability of mind.

Practise Meditation for Sometime Daily

Psycho physiological changes that occur during meditation help in relieving stress. Meditation heavily reduces the level of lactic acid in blood. Reduction in the level of lactic acid is a sign of tension free and peaceful state of mind.

Practise the 4 A's of stress management

To handle predictable stressors 4 A's are helpful to practise like : Avoid, Alter, Adapt or Accept. To avoid a stressful situation that needs to be addressed should not be avoided as it is not healthy but there are a number of stressors in our lives that can be eliminated.

Learn How To Say 'No'

The 'Shoulds' and the 'musts' should be distinguished and when possible say 'no' to taking on too much.

Avoid People Who Stress You Out

If someone consistently causes stress in our lives, the amount of time we spend with that person should be limited.

Take Control of Your Environment

Example- If going to the market is an unpleasant choice, do your grocery shopping online.

Pare Down To Do List

Drop tasks that aren't truly necessary to the bottom of the list or eliminate them entirely.

Express your feelings instead of bottling them up and share your feelings

Adjust your standards

Perfectionism is a major source of avoidable stress.

Practice Gratitude

Death of loved ones, serious illness or a national recession etc are such stressors that can not be avoided. So, we should accept the things.

Don't try to Control The Uncontrollable

Example- Instead of changing the behaviour of other people focus on the things you can control such as the way you choose to react to problems.

Look for the Upside

While facing major challenges try to look at them as opportunities for personal growth and learn from your mistakes.

Get Moving

Do exercises (Walking, Running, Dancing, Cycling Swimming etc.) that make us feel good. It serves as a valuable distraction from our daily worries.

Connect to others

Face to face interaction triggers a cascade of hormones that counteracts the body's defensive 'fight-or-flight' response. It's nature's natural stress reliever. So make it a point to connect regularly-and-in person-with family and friends and be good listeners.

Make Time for Fun And Relaxation

Don't allow other obligations to encroach your daily schedule, Manage your time better Don't over-commit yourself, Prioritize tasks, Break programmes into small steps, Delegate responsibility (you don't love to do it all yourself), Maintain balance with a healthy life style (Healthy diet, Reduce caffeine & sugar, Avoid alcohols, cigaretts, drugs, get enough sleep.

Good Sleep

Researches show that lack of sleep can result in increase in our hunger hormone Ghrelin and decrease in Leptin, a hormone that inhibits appetite. So less sleep results in over eating and increased desire for energy dense (High calorie) foods. Moreover good sleep boosts our immunity.

Limit Screen Time

Spending too much time on phone, computers, social medias or websites can lead to less activity and more anxiety.

Eating At Home Together With The Family Members

We should make it a positive experience and should get the family members involved in it.

Role of Nutrition in Stress Management

Our blood sugar level significantly influences the adrenal function. Therefore nutritional requirements i.e- dietary advice is directly or indirectly linked with the stress management and boosting our immune system. Moreover, elevation of Cortisol (a Stress hormone) Level for a prolonged period of time as resulted from stress can lead to emotional eating i.e- increased food consumption, fat storage and weight gain. Following are the nutritional measures that can be taken to manage or overcome stress:-

1. Consumption of balanced diet with proper combination of carbohydrate, protein and healthy fat e.g Omega-3-Fatty acids as found in Walnuts, Flex seeds, Fish oil which are associated with brain function and combating depression and anxiety.
2. Probiotic rich foods such as Pickels, Miso, Kefir support our immune system.
3. Magnesium rich foods like Legume, Nuts, Leafy green vegetables, Whole grains are helpful to support immunity.
4. Zinc rich foods e.g- Oysters, Mussels, Cashew-nut, Egg-yolk are helpful in virus fighting effects.
5. Spices like Ginger, Garlic, Turmeric, and Capsicum boost our immunity.
6. Vitamin C rich foods like Citrus fruits, Emblica ('*Amlakī*') support our immune system.
7. Stimulants like Coffee, Tea should be avoided as these may reduce our energy level and deplete nutrients in the long run. Rather it should be replaced by Herbal or Fruit tea.

Conclusion

Under the present circumstances of ever increasing workload, personal ambition, rising standard of living, comparison with others and materialism, the charm of life is being lost. A person finds himself or herself in the quagmire of stress and strain. It is our duty along with helping others to overcome sources of stress such as paucity of money or time, age, anger, poor communication and burden of studies and making career. It is the youth specifically the students that has a crucial role in national development. If, they become stressful in any situation and that will cause a great misery to our society. So the suggestions as made in the present studies will help them enormously in building their career as well as the nation.

The stress is natural, common and wildly prevalent at different walks of our life. But, it can be controlled tamed and managed. There are different types of stresses at different stages of life. Although money can relives stress but our lives can be derailed by the poor management of money along with other factors like; time, anger, health, relations, home, work etc.

Stresses in small doses can help us increased energy and alertness and even helping us focused on the problem at hand. In higher doses one must be ready to accept the challenges in order to overcome it and emerge with victory. It needs understanding, doses of positivity and will power to lead a stress free life.

The basics of our household stress management are 1)Daily routines, 2) Healthy meals, 3)Physical exercises (walking, stretching, yoga), 4)Adequate sleep, 5)Doing things we enjoy.

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