



# Level of stress management characterization and its strategies

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## DESCRIPTION

Stress is the body's normal response to change, resulting in physical, emotional, and intellectual responses. Stress management training helps you cope with change in a healthier way. Stress is the normal human reaction that occurs in everyone. In fact, the human body is designed to experience and respond to stress. When you experience changes and challenges (stressors), your body produces physical and mental reactions.

Stress can come from many causes known as "stressors." Because the experience of what is considered "stressful" is created by a unique perception of what we encounter in life (based on a unique combination of personality traits, available resources, and habitual thinking patterns). The situation can be perceived as "stressful". "Yes, one person is simply" challenging "the other. Simply put, the triggering of one person's stress cannot be perceived as stressful to another. However, in certain situations, most people tend to be stressed and may be at increased risk of burnout (Buckley T.M, et al., 2005).

Stress affects us all in a unique way, just as each of us perceives stress differently. One may have a headache, while others may find upset stomach a common reaction. And the third person may experience a variety of other symptoms. We all respond to stress in our own way, but there is a long list of commonly experienced effects of stress, from mild to life-threatening. Stress can impair immunity, which can affect virtually all areas of health.

Stress can also affect mood in many ways. Creating a stress management plan is often part of your overall health plan (Mourat, et al., 2008).

Many people are stressed not only by work, relationships, financial and health problems, but also by more abundant things such as cluttered and busy schedules. Learning the skills to manage these stressors can help reduce the experience of stress (Nuno J, et al., 2010).

Stress can be effectively managed in a variety of ways. The best stress management plans usually include a combination of stress relievers that deal with stress physically and psychologically and help develop resilience and coping skills. Stress is part of being human and can motivate you to get things done. High levels of stress from serious illness, unemployment, family death, or painful life events can also be a natural part of life. You may feel depressed or anxious, and it has been normal for some time (Stylianios, et al., 2002).

First of all, physical activity can help improve your sleep. And better sleep means better stress management. Doctors don't know exactly why, but people with a lot of movement tend to get deep sleep, which helps to rejuvenate the brain and body. Be careful not to get too close to bedtime. This interferes with some people's sleep. Exercise also seems to make you feel better. One reason may be that it stimulates your body, blocks pain, improves sleep, and releases many hormones like endorphins and endocannabinoids that help calm you down. Some of them (endogenous cannabinoids) can be the cause of the euphoria or "runner's high" that some people report after running for a long time.

Inadequate sleep contributes to greater activation of the HPA axis. Therefore, stress management should include improving sleep duration and quality. First, try to block the blue light (from your TV, phone, or computer) at least 30 minutes before bed time. You can also buy blue shading glasses and sleep-inducing red bulbs (which improve sleep) for bedside lamps (Zope, et al., 2013).

You can protect yourself from stress by showing a positive attitude towards others, such as compassion, gratitude, and affection. So finding a way to be kind can actually be a good stress reliever. Another way to activate the parasympathetic nervous system is to immerse our body in cold water. So if you're feeling stressed, dive into a cold shower or pool to relieve your stress. Diet is important for reducing stress, but it may not be enough.

You can also benefit from making calming supplements and other changes. Here are some suggestions.

Ditch the caffeine. After being stressed for a while, you may feel exhausted and really need caffeine. The more you feel you need caffeine, the more likely you are to really rest and recover from past stress. But what's worse, caffeine activates our HPA axis and makes us more anxious. Therefore, avoid coffee, caffeinated tea (such as green tea or black tea), and energy drinks.

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