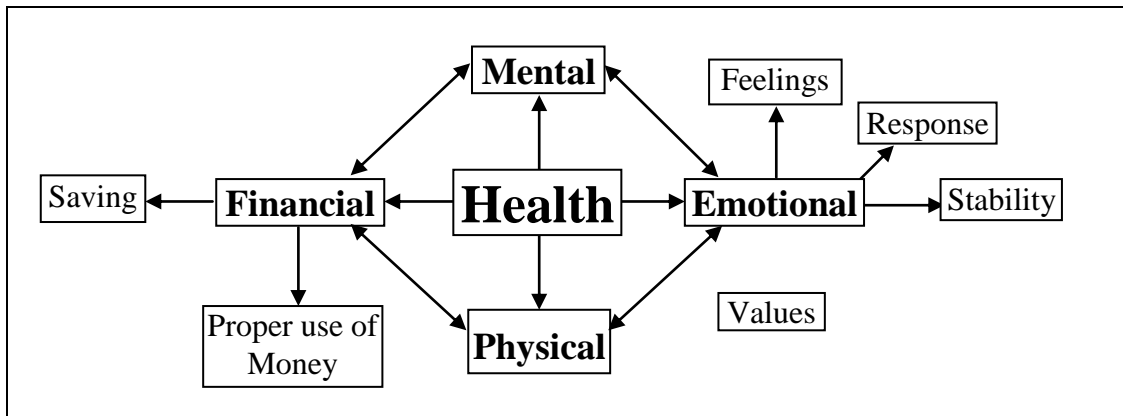
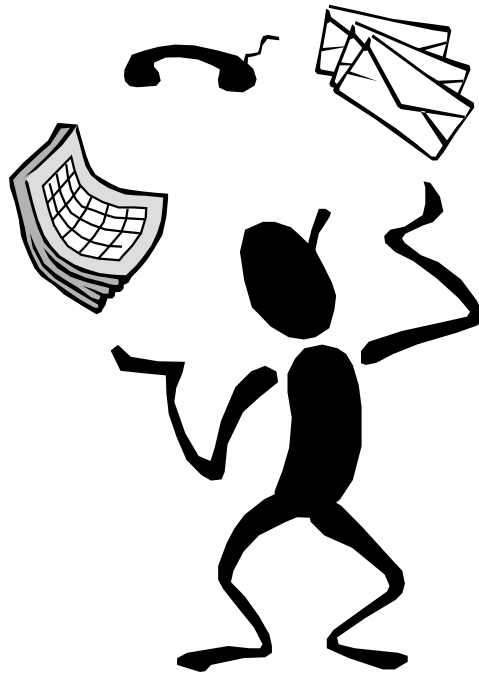


# Stress Management



What is stress? Stress is the emotional strain caused by our response to the pressure from the outside world. Stress is important for success but it needs to be within limits – neither too little – nor too much. Each one of us has a capability to manage stress by learning to deal with it – mentally, physically, and emotionally. Mental health, physical health and emotional health can be achieved by right thoughts, exercise, yoga, and good feeling about self and all others around us.

## What are the signs of stress?

Stress can cause both mental and physical symptoms. The results of stress are different for different people.

The mental symptoms of stress include:

- Tension
- Irritability (one gets irritated)
- Inability to concentrate
- Feeling very tired

- Trouble sleeping

The physical symptoms of stress include:

- Dry mouth
- Difficulty breathing
- Stomach upset
- Too much urination
- Sweating hands
- Tight muscles that may cause pain and trembling

### **Reasons of Stress**

We think that only bad events bring stress but even success can be a cause of stress

- Fear of failure
- Lack of confidence
- Negative thinking
- Poor health
- Lack of planning
- Wrong habits

### **Tips for removing stress**

- Schedule your work in advance
- Sleep well. Maintain proper routine
- Eat well. Watch your diet
- If highly stressed, find a quiet place and relax
- Exercise and Yoga
- Discuss your problems with your friends and your family
- Have a hobby
- Do some yoga or meditation
- If stressed with some work, leave it for some time (Take a break)
- Refrain from smoking, drinking or drugs of any kind
- Too much tea or coffee is also harmful

A very old saying: “Early to bed, early to rise, keeps a man – Healthy, Wealthy and Wise”...

