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Stress: An Immortal Experience

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Commentary Article

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DEFINITION

Stress is something which we feel every day. It can be moderate or excessive. Every individual deals with stress differently might be in small doses, stress is good for us; it is what keeps us going.

Stress is not a "Disorder" [1]; it has been outlined as a physical, mental and emotional^[2-6] response to circumstances that cause mental or bodily tension^[6-8].

Stress is a condition or feeling experienced when a person is forced to do excessive work in short period of notice^[9].

VARIOUS DEFINITIONS

There is a problem with single definition but stress^[10,11] may be caused due to many things in which some of them are family, work. Stress affects us differently and it might be called with

The reason for stress is sometimes the nature of work itself. Now a day's people are doing jobs which are not related to their study, reason might be to get settled fast or in a hurry to earn money. So they are opting to do job^[9] in any of the domain, where the work is not relevant to them and facing issues with the completion deadlines.

TYPES OF STRESS

There are many types of stress of which some of them are

1. Physical
2. Emotional
3. Psychological

Physical stress may be experienced due to some external factors^[12] like over excitement or sudden surprisable moments. Many individuals are being addicted to pills to overcome the work tension^[13].

Emotional stress might be caused due to sudden demise of close persons^[14] or thinking about past moments. Individuals who can't able to bare the pain are taking adverse decisions and committing suicides too^[15,16].

Psychological stress^[17] may be something which we could not forget caused by both physical and emotional stress and sometimes it is caused due to dis-satisfied job, lack of clarity in the work and patience to learn new things.

SOURCES OF STRESS

Stress might be experienced by each and every individual in different aspects, of which some of the important ways are through Environmental, Organizational and Individual cases. Environmental conditions can be faced by the individuals who belong to Business^[18] and politics fields.

Organizational factors^[19] can be faced by the individuals who are under severe pressure to complete task in given time period with no errors. Individual factors might be related individuals personal life like family issues, economic problems, separated families, and other family issues. People feel great stress^[20] when they think they can't handle the demands put upon them. Stress is therefore a negative experience. Behavioral stress^[21] which includes changes in eating habits, increased smoking and consumption of alcohol and sleep disorder. Stress is not limited to the people who are doing job, it is been faced by the school going children to complete their work and making them study for long hours and not allowing them to relax. This kind of stress is dealt with many of the children^[22].

MANAGING STRESS

Stress can be managed in many different ways of which time management takes first position, in which it include scheduling the daily work on hour basis, saying "No" to the works which can't be completed in short notice. Distractions also play a major role in increasing the individual stress, so should be attentive while doing work. Stress tension can be reduced through relaxation techniques such as meditation, yoga, and exercises^[23]. Some people get relief from stress by listening to music and even dancing can reduce the stress.

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