

# STRESS MANAGEMENT

Shri Shyamal Gupta  
Director,  
West Bengal Judicial Academy  
Bijan Bhawan, Salt Lake, Kol – 97.

1. The wind may blow from any direction but the direction in which you go depends on how you set the sails.
2. Reasonable men adapts himself to world, the unreasonable one persists in trying to adapt others to himself.
3. View a negative experience in your life like how you look at a photo negative, a single negative can create an unlimited number of positive prints.
4. Sometimes your existence gives hope to one person, your smile may be a pearl for someone, and your presence might be the desire of the one who loves you dearly. So value yourself.
5. All the water in the sea cannot sink a ship unless it gets inside nor can sorrow sink a person unless it gets inside. So when some dear and near one dies, please keep your mind full of thoughts for others. Then there is no room for self-pity.
6. I am convinced that life is 10% what happens to me and 90% how I react to it and so it is with you..... We are in charge of our attitudes.
7. Regardless of how you feel inside, always try to look like a winner. Even if you are behind, a sustained look of control and confidence can give you a mental edge that results in victory.
8. Life is comedy for those who think and tragedy for those who feel.
9. We have a choice everyday regarding the attitude we will embrace for the day. We cannot change our past. The people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have – our attitude.
10. Let us not pray for lighter loads but for stronger shoulders.
11. Life consists not in holding good cards but in playing those you hold well.
12. The gem cannot be polished without friction nor can man be perfected without tears.
13. Our greatest glory does not lie in never falling; but lies in rising every time we fall.

# Diluting Stress

1. Take time for self.
2. Never compare yourself with others. No unhealthy competition.
3. Accept yourself as you are.
4. Never accept your weakness.
5. Identify your weakness and convert it to strengths.
6. Control yourself – No anger / irritation.
7. Power of positive thinking.
8. Always smile.
9. Read positive inspirational books / jokes.
10. Be in company of people
11. Trust in Almighty GOD – Meditation
12. Love yourself.
13. Be humble, appreciate others.
14. Develop unconditional love.
15. Life is a challenge, accept it & face it.

## F R U S T R A T I O N

**F** = **E** X **V** X **O** + **I** + **P**

**F** = Frustration

**E** = Expectation to achieve the goal

**V** = Valence – Attractiveness of the goal.

**O** = Opportunity to achieve the goal in near future

**I** = Investment of efforts etc. to achieve the goal.

**P** = Publicity of the expected achievements.

# STRESS MANAGEMENT (2)

## Objectives:----

The participant will be able to:----

- 1) Identify the value of stress within them
- 2) Assess the level of stress
- 3) Convert the Distress if any, into Eustress.

## What is Stress?

The word is derived from the latin word "Stringere" meaning to "draw tight".

Three parts of Stress:--- Stressors, Stress Response, Stress Symptoms.

Stress is an internal experience that creates a psychological or physiological imbalance within an individual and results from factors in the external environment , the organisation or the individual . Stress demands more of a person's capacity beyond ability.

Stress is dynamic condition in which the person is confronted with:----

- 1) Opportunities
- 2) Constraints
- 3) Demand for which resolution is both uncertain and important.

## Stress Symptoms:

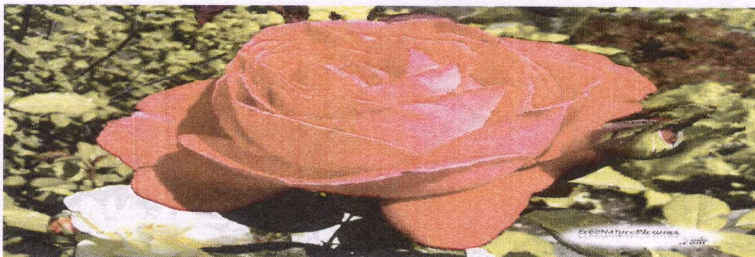
- 1) Breathing and heart rates alters so that the body can operate with maximum capacity for physical action.
- 2) Brainware activities go up to allow the brain to function maximally.
- 3) Hearing and sight become momentarily more acute.
- 4) Muscles ready themselves for action.

## Stressors:

The physical or psychological demands from the environment that cause stress called stressors.

## Stress---Two kinds:

- 1) Eustress: Positive, helpful ,developmental stress , better performance
- 2) Distress: Weakens person physical and psychological capacity to cope with stressors.



# Relation between Stress & Stressors

## Perception

Past experiences

Social Support

Individual difference

*Environmental Stressors-----Individual Stressors*

## Physiological Effects of Stress:

Blood Pressure, Sweating, Hot & cold spells, Breathing trouble, Muscular tension, Gastrointestinal disorder.

## Emotional Effects of Stress:

Anger, Anxiety, Depression, Lowered Self esteem, Poor intellectual functioning, Nervousness, Irritability, Job-dissatisfaction.

## Behavioural Effects of Stress:

Poor performances, Abstenteeism, Higher accident rates, Higher turnover rate, Higher alcohol , Impulsive behaviour, Difficulties in Communication.

## Can you assess your own stress level?

Count your score

### Age

18--29 = 14.2

30--44 = 13.0

45--54 = 12.6

55--64 = 11.9

### Gender

Male 12.1

Female 13.7

### Marital Status

Windowed 12.6

Married 12.4

Single 14.1

Divorced 14.7

Seperated 16.6

## Relation with Stress & Performance

Performance

Little

Optimal

Excessive

Stress

Little

High

