

Managing STRESS through Stress Siddhi-

A JPMR-TM blend with Indian Music

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*There was the time when the world was
fine;*

The birds did chirp that world was mine.

Now the days that came, aren't any fun;

*We are lost in work, unfeeling hard and
cold.*

This is a modern world, I am told.

-Anonymous



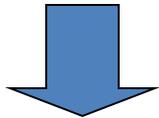
Some Questions???

- ▶ 1. Do you become easily overwhelmed by the amount of cases you need to handle or facilitate each day?
- ▶ 2. Do you tend to blow up several times throughout the day in the court premises , even in situations not requiring such drastic response?
- ▶ 3. Are you constantly exhausted but still unable to get a good night's sleep?
- ▶ 4. Do you feel worried, even about things that are completely outside your control?

- ▶ Probably, you are under stress ???

Is Stress Beautiful !

- ▶ Formula Number 1
- ▶ Dean, Harvard Business School
- ▶ **Work > (time+ energy)**



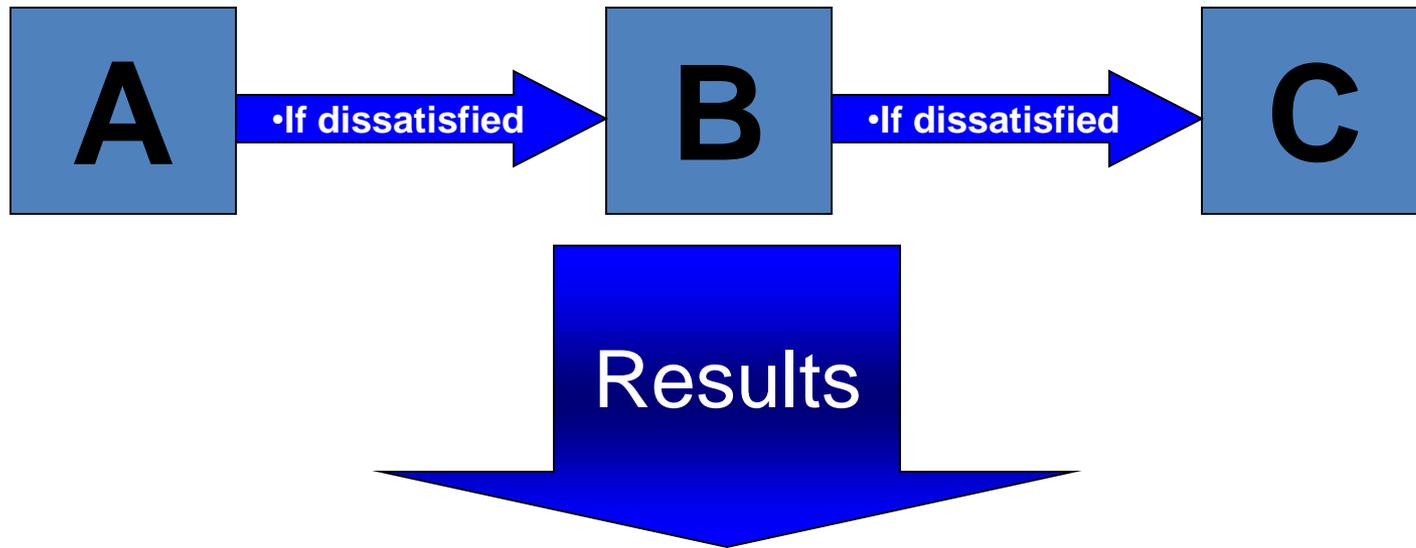
▶ **Stress**



- ▶ **to bring the best**
STRESS IS BEAUTIFUL!



TOWARDS SUCCESS FOOLS



- Continuous Dissatisfaction with present
- Intense Stress & Tension
- Consequent Ill health

Question yourself ?

- ▶ **What Means Progress?**
 - ▶ **What Price Success?**
 - ▶ **What Means Life?**
- 

Question yourself ?

- ▶ Is Stress Necessary to bring the best out of me?
- ▶ Is Dissatisfaction Necessary to achieve Progress?

Is Stress really Beautiful !

▶ Formula No.2

Jagdeesh Parikh

- ▶ *“Experience during every moment of your existence, the maximum possible satisfaction and contentment with whatever we have or we have achieved.”*

Not Necessarily!

- ▶ **Success & Stress need not co-exist**
 - ▶ **Success & Satisfaction can co-exist**
 - ▶ **Work is only a part of our multi phasic life**
- 

What is Stress?

- ▶ Too much work and too little time to do it;
 - ▶ A feeling of anxiety;
 - ▶ Being unable to cope;
 - ▶ Too much pressure;
 - ▶ Feeling tired and irritable;
 - ▶ Emotional pressure
- 

Stress – Myths and Realities

- ▶ **Myth 1 – Stress is always deleterious**
- ▶ **Fact 1 – Only too little or too much**

- ▶ **Myth 2 – Stress always results from unpleasant experiences or events.**
- ▶ **Fact 2 – It can be due to both pleasant & unpleasant .**

- ▶ **Myth 3 – Stress arises only from major events**
- ▶ **Fact 3 – Minor irritants or daily hassles also have cumulative effect on life**

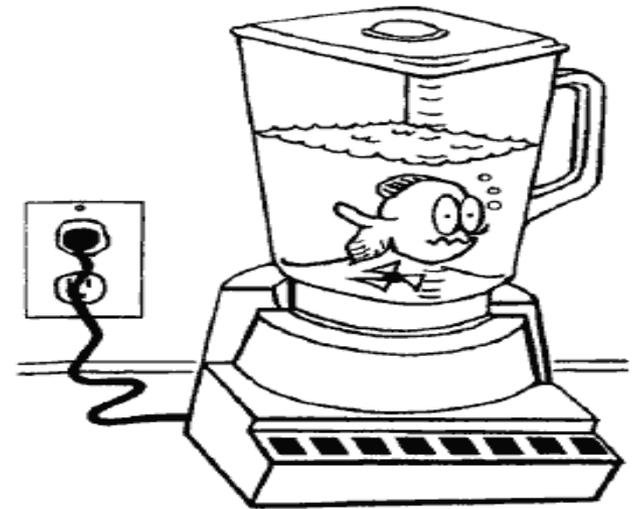
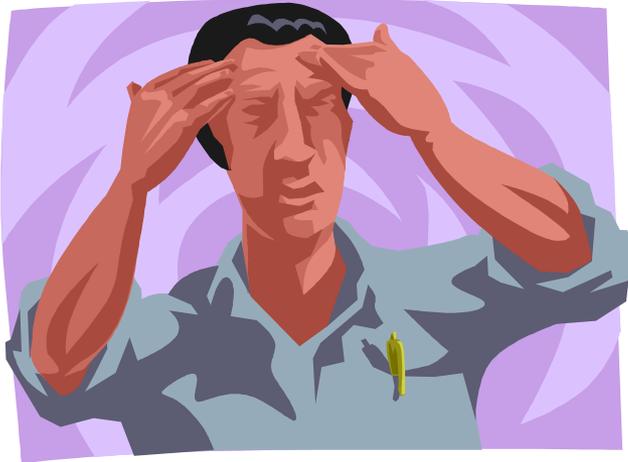
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STRESS is indispensable

**Make STRESS Your friend, not
foe**

Types of Stress

- ▶ Eustress
- ▶ Distress

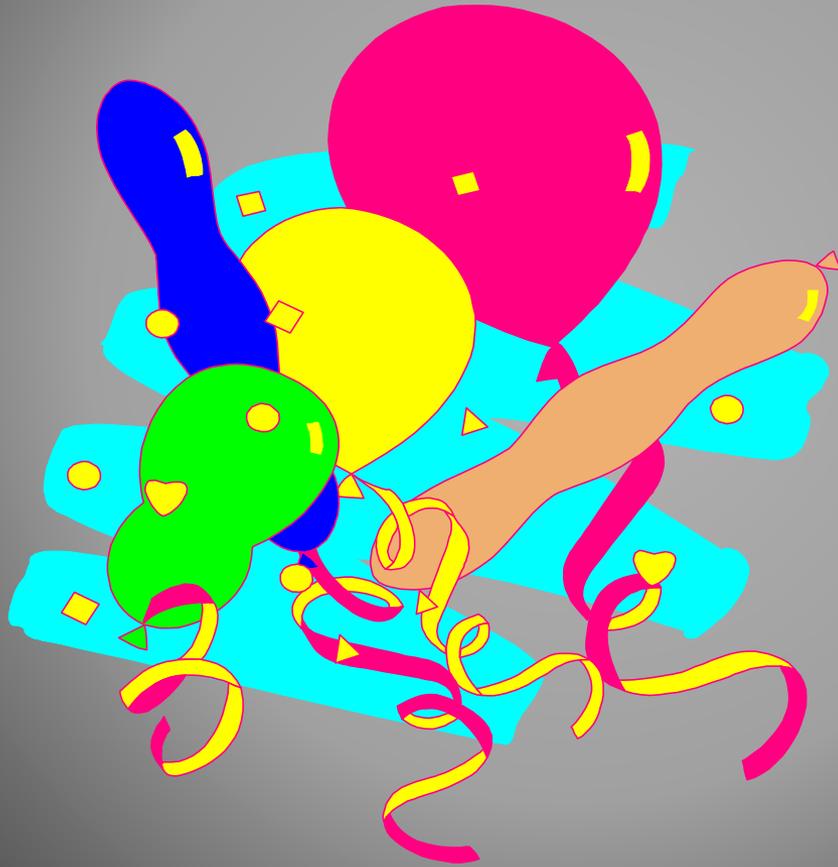


**And you thought
there was stress
in your life !**

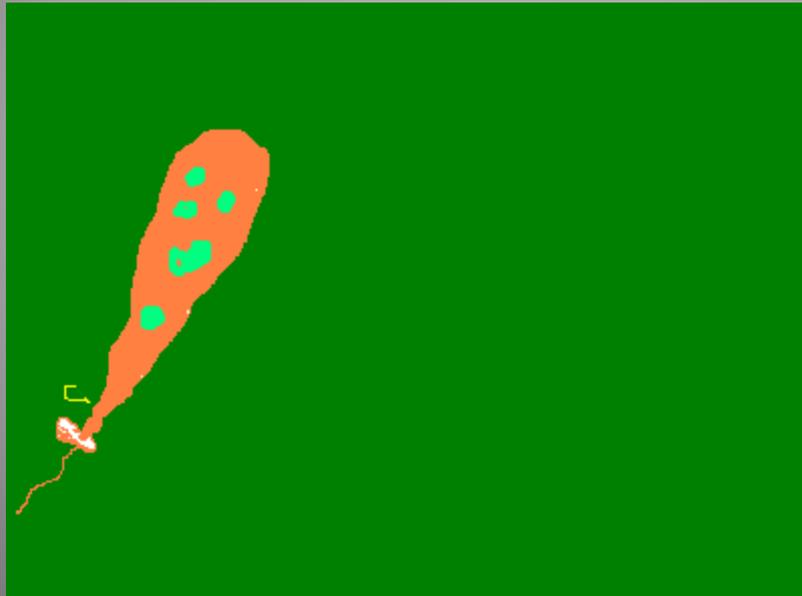
FEW FACTS about Stress

- ▶ Stress is a subjective feeling.
- ▶ You can make stress a happy feeling by just changing your perspective towards it/Life Style.
- ▶ Your personality can give/take away your stress
- ▶ Distress varies as per stress tolerance limit(STL)
- ▶ You can control stress induced psychosomatic symptoms.
- ▶ It is not just about managing your stress. Relieving stress of people around you is also equally important.

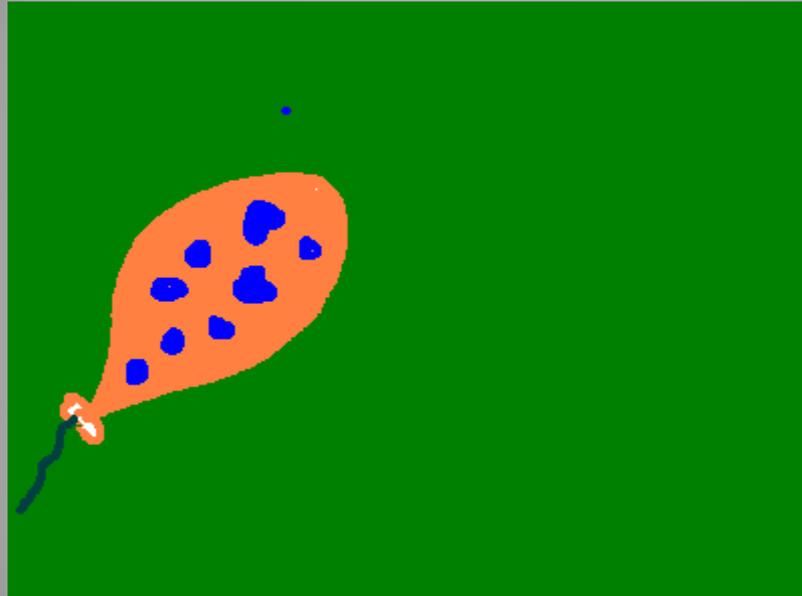
Stress vs. Balloon



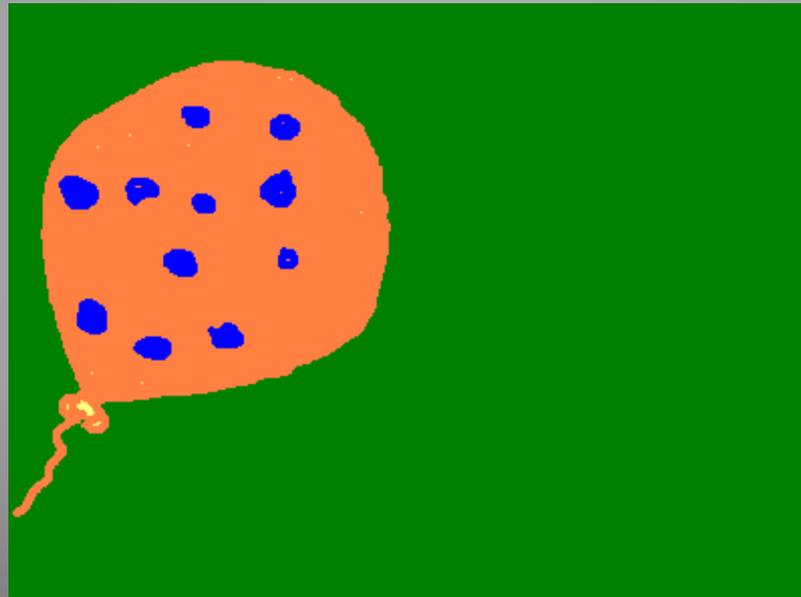
An Unfilled Balloon



Balloon with some Air

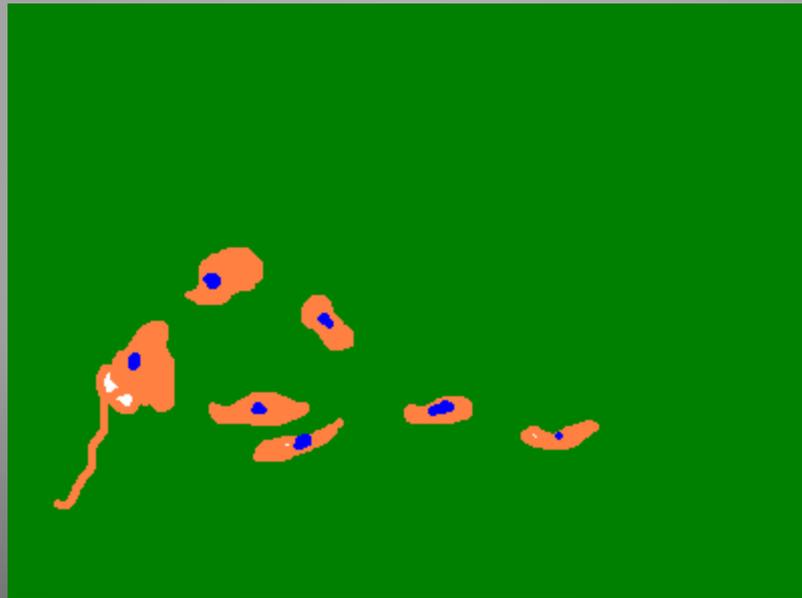


Fully Blown up Balloon



Balloon is Burst

Permanent distortion or breakage



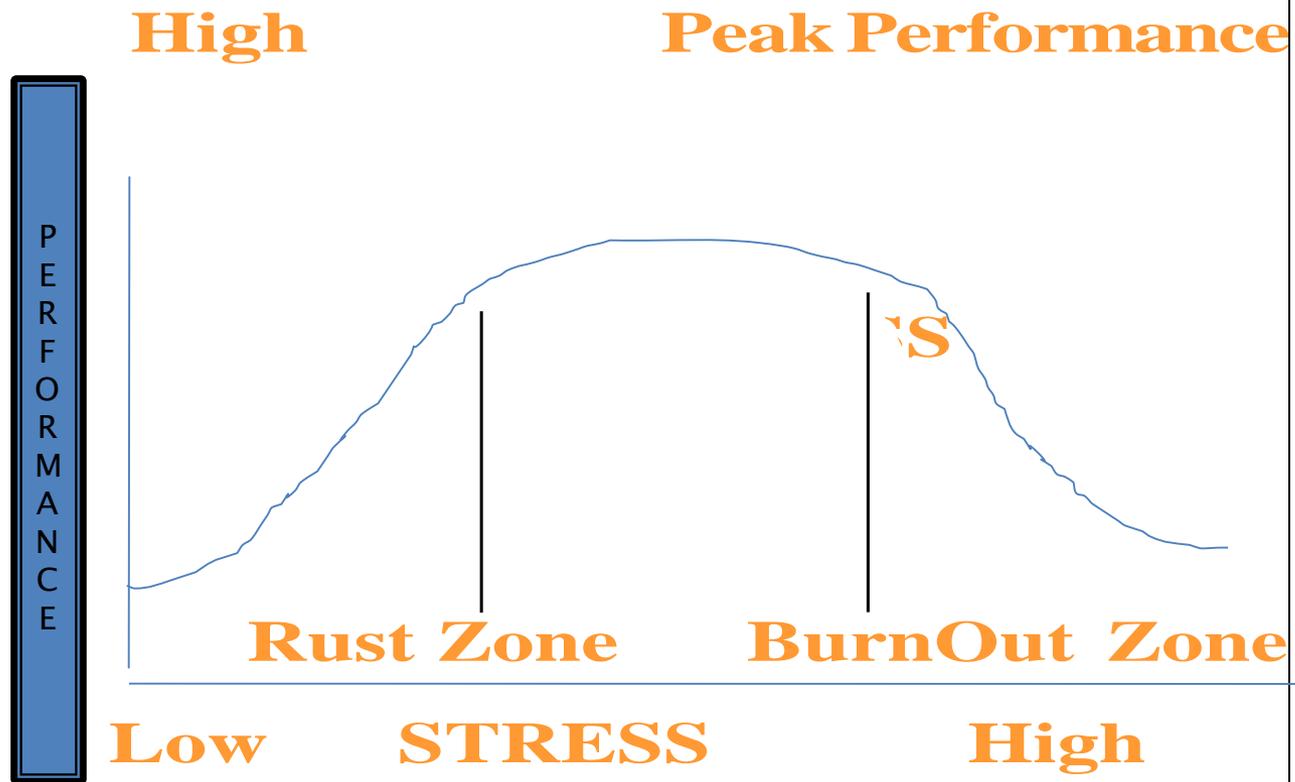


Figure 1 - Relation between Stress and Performance



Stress Symptomatology

- **Cognitive Symptoms**

- Memory problems
- Inability to concentrate
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying

- **Emotional Symptoms**

- Moodiness
- Irritability or short temper
- Agitation and inability to relax
- Feeling overwhelmed
- Sense of loneliness and isolation
- Depression or general unhappiness

- **Physical Symptoms**

- Aches and pains
- Diarrhea or constipation
- Nausea and/or dizziness
- Chest pain and/or rapid heartbeat
- Frequent colds

- **Physical Symptoms**

- Eating more or less
- Sleeping too much or too little
- Isolating yourself from others
- Procrastinating or neglecting responsibilities
- Using alcohol, cigarettes, to relax
- Nervous habits (e.g., nail biting, pacing)

Type A/ B Personality

Features of Type 'A'

- ▶ **TIME URGENCY and rushing tendency**
 - ▶ **AGGRESSIVE COMPETITIVENESS**
 - ▶ **MISTRUSTFULNESS**
 - ▶ **PERFECTIONISM**
 - ▶ **WORKALCHOLISM**
-
- ▶ **Three STEP Strategy for changing TYPE 'A'**
- 

STEP 1. MOTIVATION

- ▶ Do you believe any of your Type A behaviour increases your risk to coronary problems.
- ▶ **Answer of A's** It will never happen to me.
- ▶ *Prior occurrence of a heart attack, A's are notorious for denying their tendencies and for refusing to alter life styles*
 - ▶Logon Wright
 - ▶ (APA, President)

STEP 2. AWARENESS

- ▶ **When to rush**
 - ▶ **When to rest**
 - ▶ **When to back off.**
- 

STEP 3. PRACTICE

- Develop alternative beliefs
- Gain confidence in using them

Sources of Stress

- ▶ Sources at self
 - ▶ Sources at home
 - ▶ Sources at work
 - ▶ Sources from work–home interface
- 

Mind vs. Body– A Research based Analysis

- ▶ Research studies catalogue how even a little stress can have wide-ranging effects on the body :
- ▶ **Epinephrine**, released by the adrenal glands in response to stress, instigates potentially damaging changes in blood cells.
- ▶ **Epinephrine** triggers blood platelets, the cells responsible for repairing blood vessels, to secrete large quantities of a substance called ATP.
- ▶ In large amounts, ATP can trigger a heart attack or stroke by causing blood vessels to rapidly narrow, thus cutting off blood flow,

Contd.

- ▶ Other substances released in the stress response **impair the body's ability to fight infections.**
- ▶ Released by the pituitary gland as part of the stress response, nerve growth factor (NGF)is attracted like a magnet to disease–fighting cells, where it hinders their ability to ward off infections.
- ▶ An immune system thus suppressed can raise susceptibility to colds—or raise the risk of cancer.

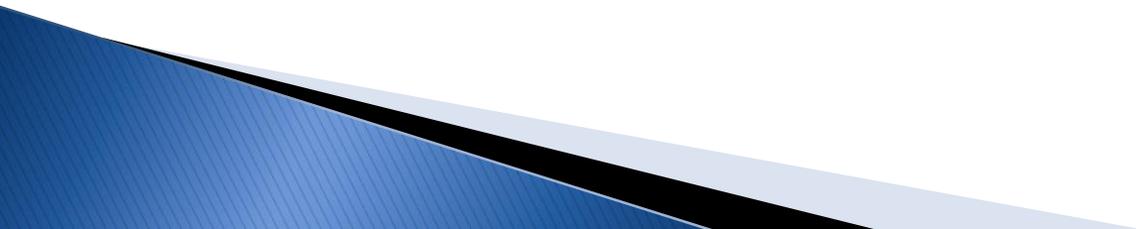
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- ▶ Stress hormones are also implicated in rheumatoid arthritis. The hormone prolactin, released by the pituitary gland in response to stress, triggers cells that cause swelling in joints.
- ▶ In a study of 100 people with rheumatoid arthritis, Kathleen S. Matt, Ph.D., and colleagues at Arizona State University found that levels of prolactin were twice as high among those reporting high degrees of interpersonal stress than among those not stressed.

Contd.

- ▶ After being released by the pituitary gland, the stress hormone ACTH can impede production of the body's natural pain relievers, endorphins, leading to a general feeling of discomfort and heightened pain after injury.
- ▶ High levels of ACTH also trigger excess serotonin, now linked to bursts of violent behavior.

Stressful situations



What is needed?

Compassion , respect and concern

For fellow human beings and

**Ability to imagine that by position
we may be at the other side of the table
but actually we are the part of**

same human race

and we are first

accountable to humanity

at large.

**Tell me again how lucky
I am to work here ...**



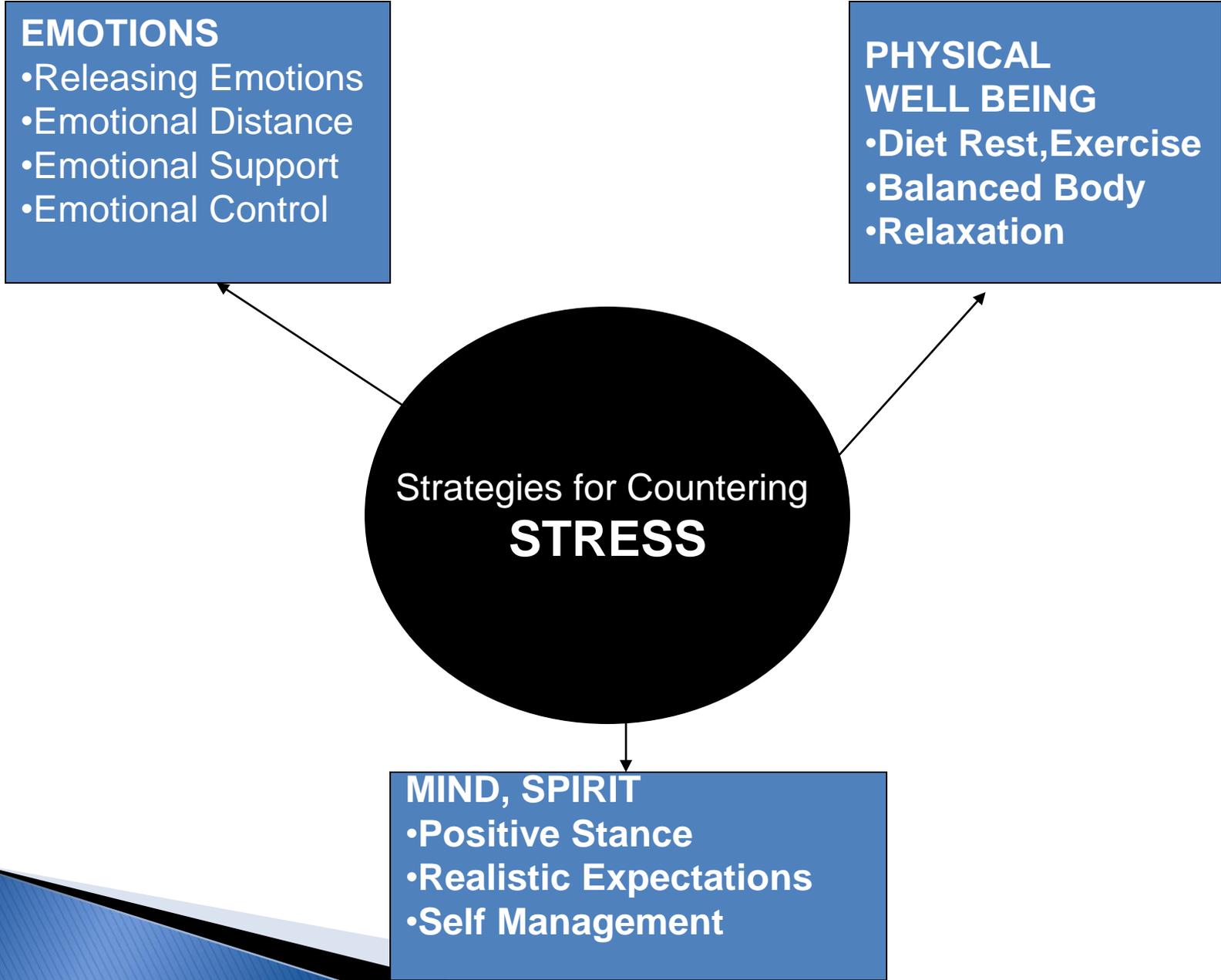
**I keep
forgetting**

How you Cope?

- ▶ Escape from stressful situation
 - ▶ Deny that Stress Exists
 - ▶ See your problem as other person's problem
 - ▶ Work harder
 - ▶ Become over emotional
 - ▶ Resort to medication, smoking, drinking, over eating, and tranquilizers.
- 

- ▶ Reduce your stress through:
 - Time Management
 - Organization
 - Delegation





Receiving Emotional Support

- **Building a network of emotional support at home and at work**
- **Recreate bonds and support systems**
- **Belonging to a community network religious or social**
- **Share problems, enjoy humour**
- **Find people who are appreciative of your identity and individuality**

▪

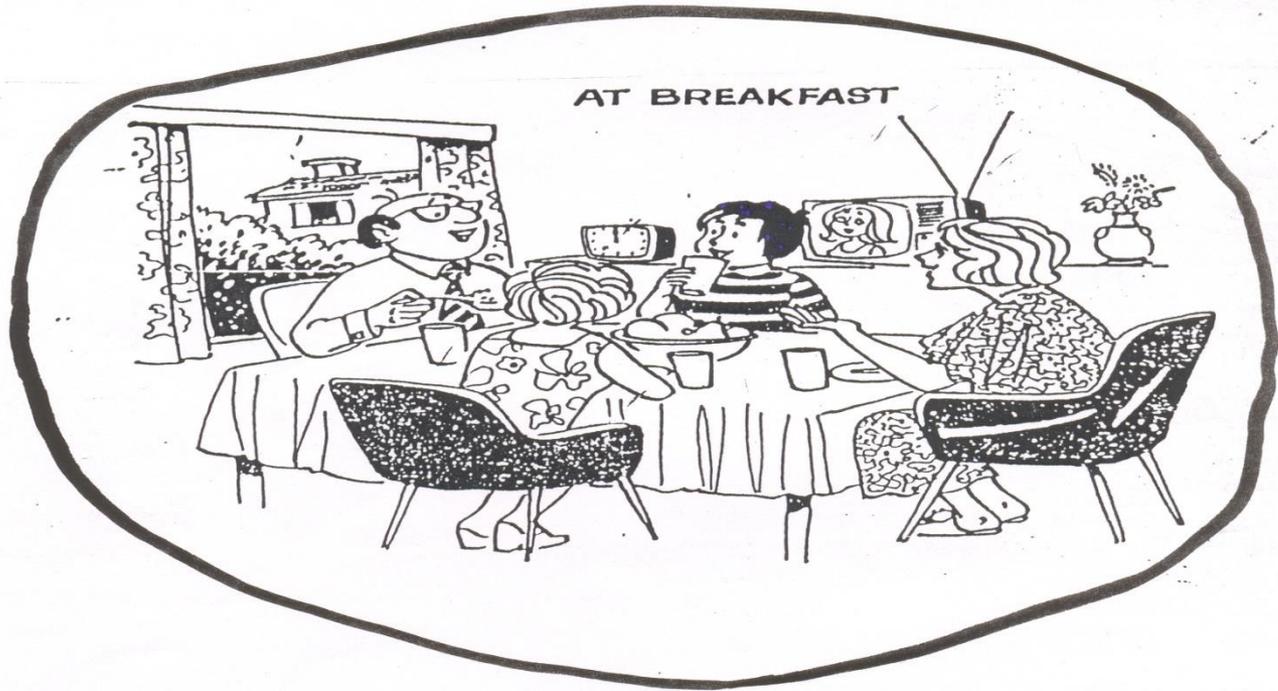


Emotional Control

- ↳ **Help to gain control over emotions.**
- ↳ **Deliberately alter your thoughts.**
- ↳ **Do not upset yourself by other people actions.**

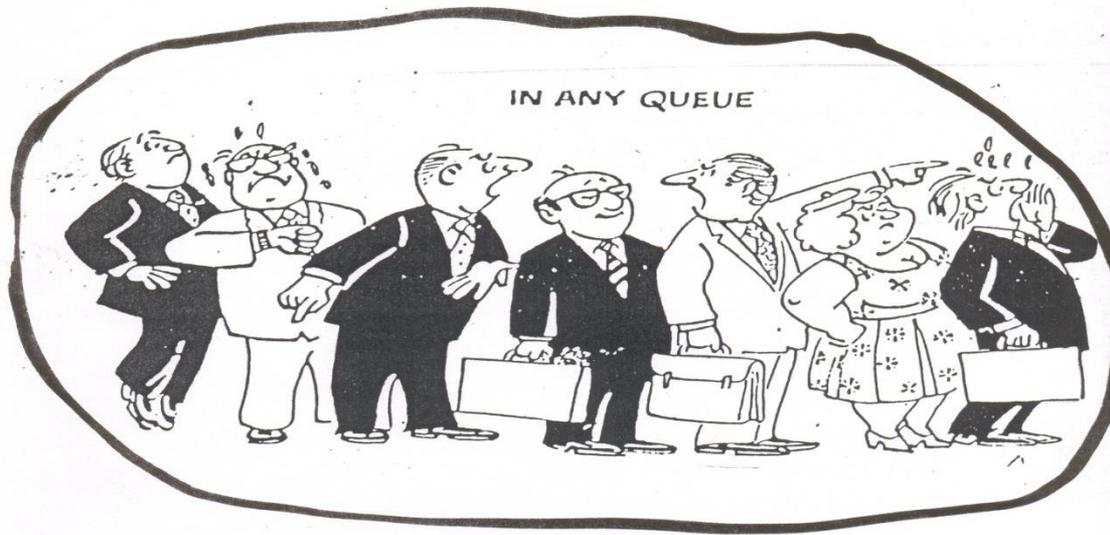
Observe the Difference





MR. EXECUTIVE "A.M."

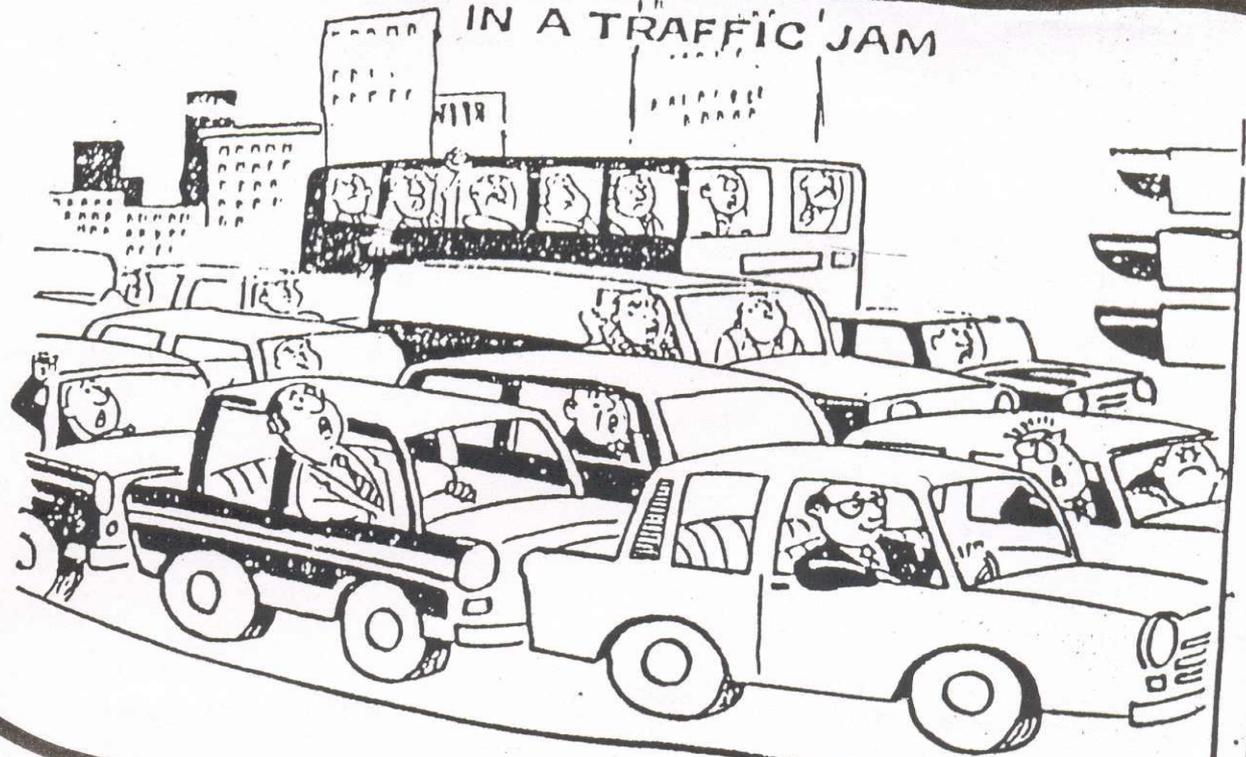




IN A TRAIN OR A BUS



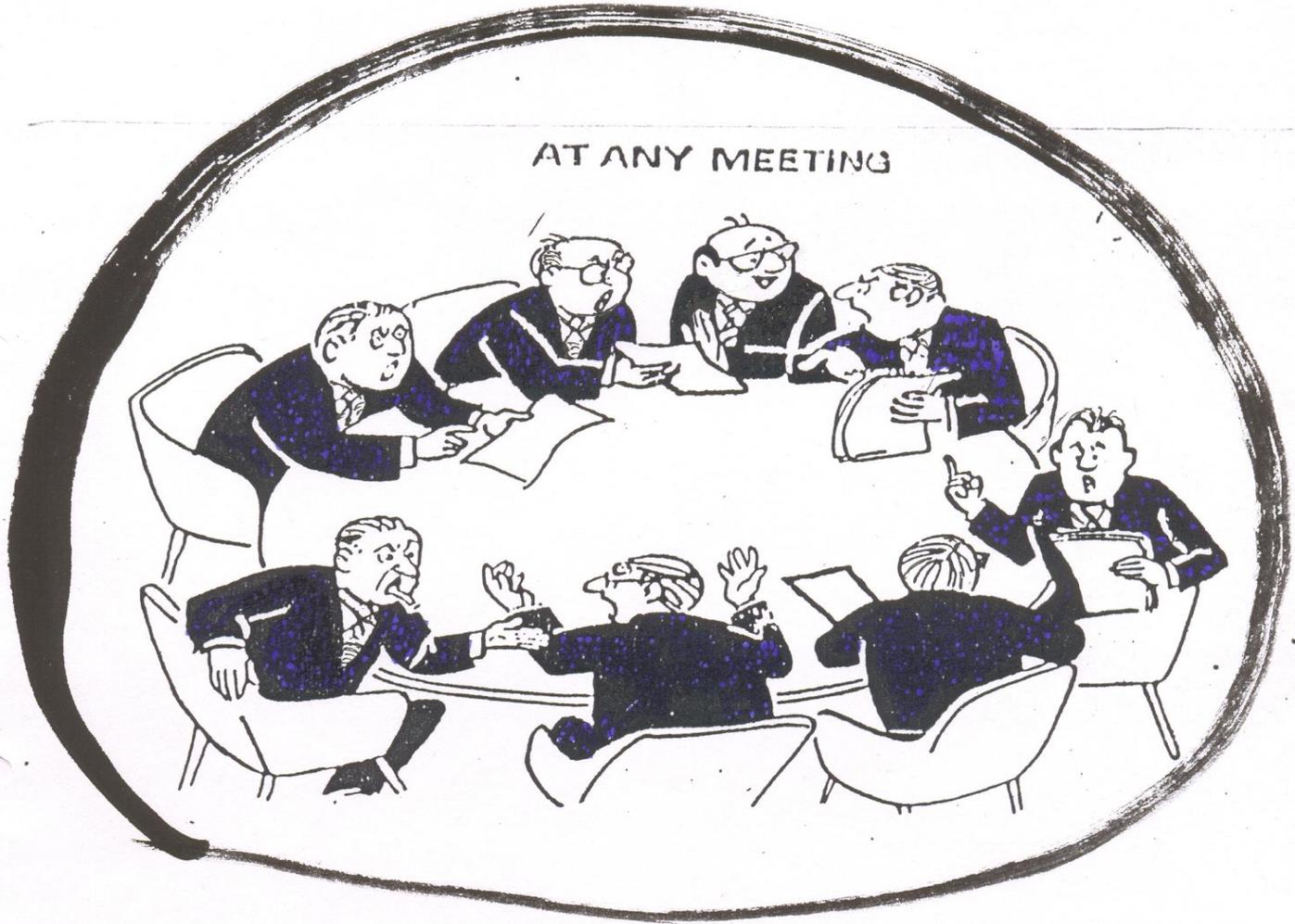
IN A TRAFFIC JAM





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AT ANY MEETING

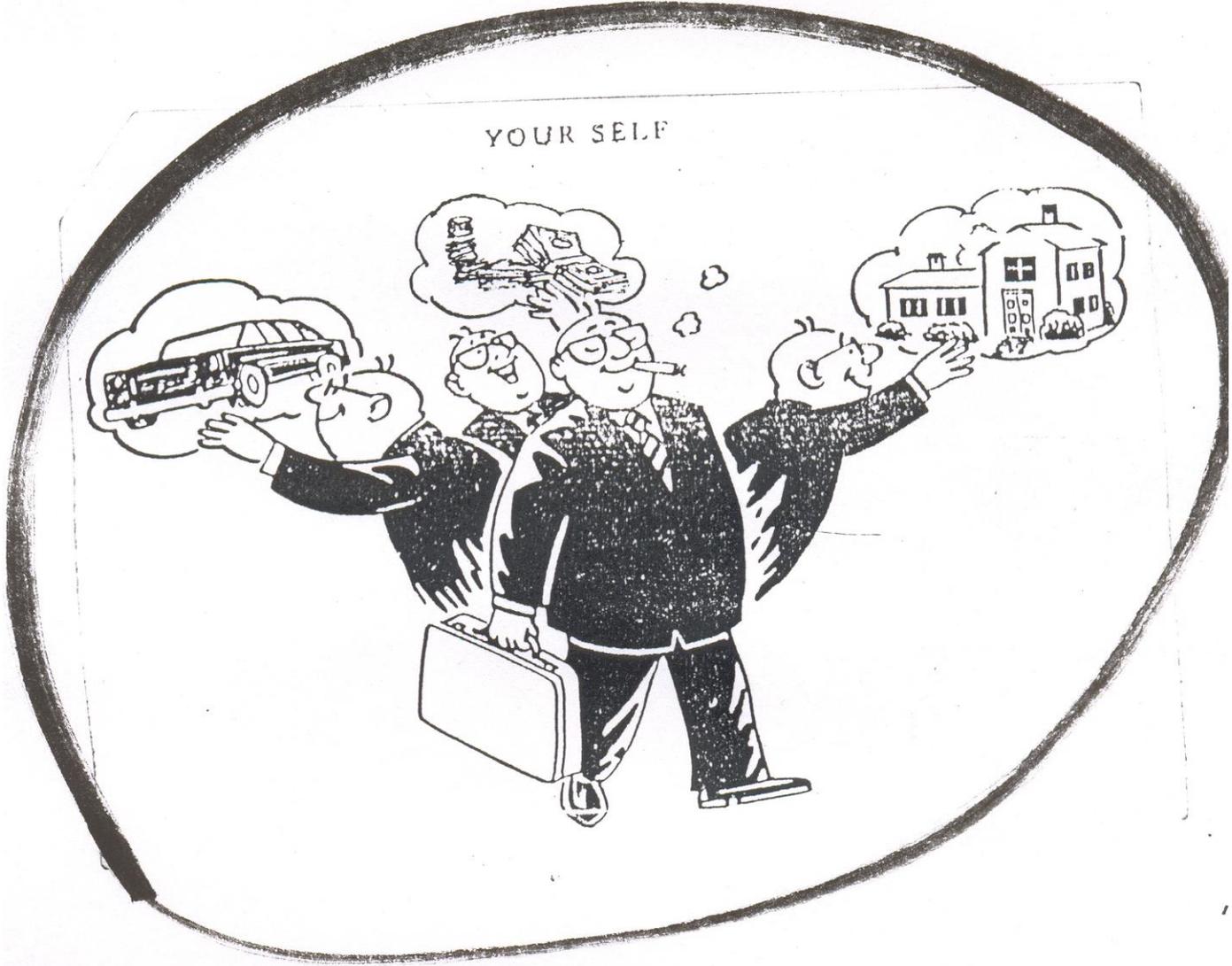




MR. EXECUTIVE "P.M."



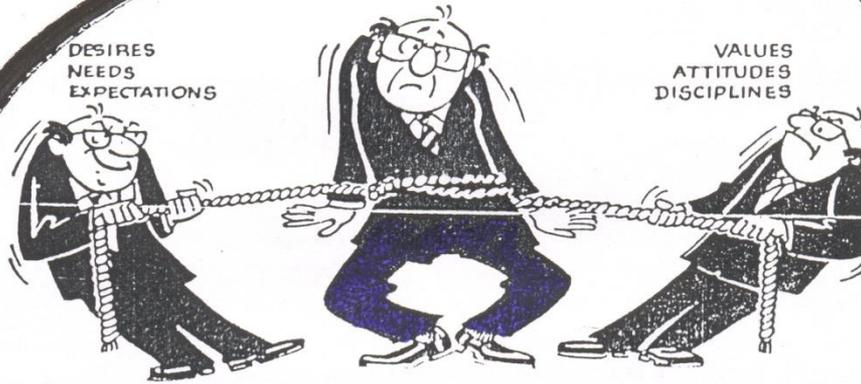
YOUR SELF



SELF:
CONFLICTS WITHIN

DESIRES
NEEDS
EXPECTATIONS

VALUES
ATTITUDES
DISCIPLINES



MONEY
POWER
PRESTIGE

INTEGRITY
HUMILITY
SINCERITY

INEVITABLE DISTRESS:



CORONARY

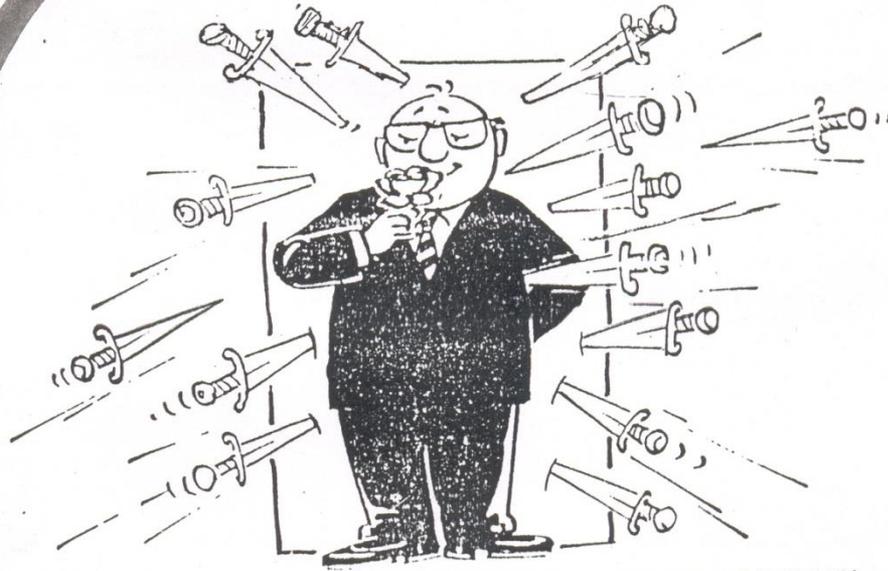


ULCERS



HYPER-TENSION

CONQUERING STRESS : HOW ?

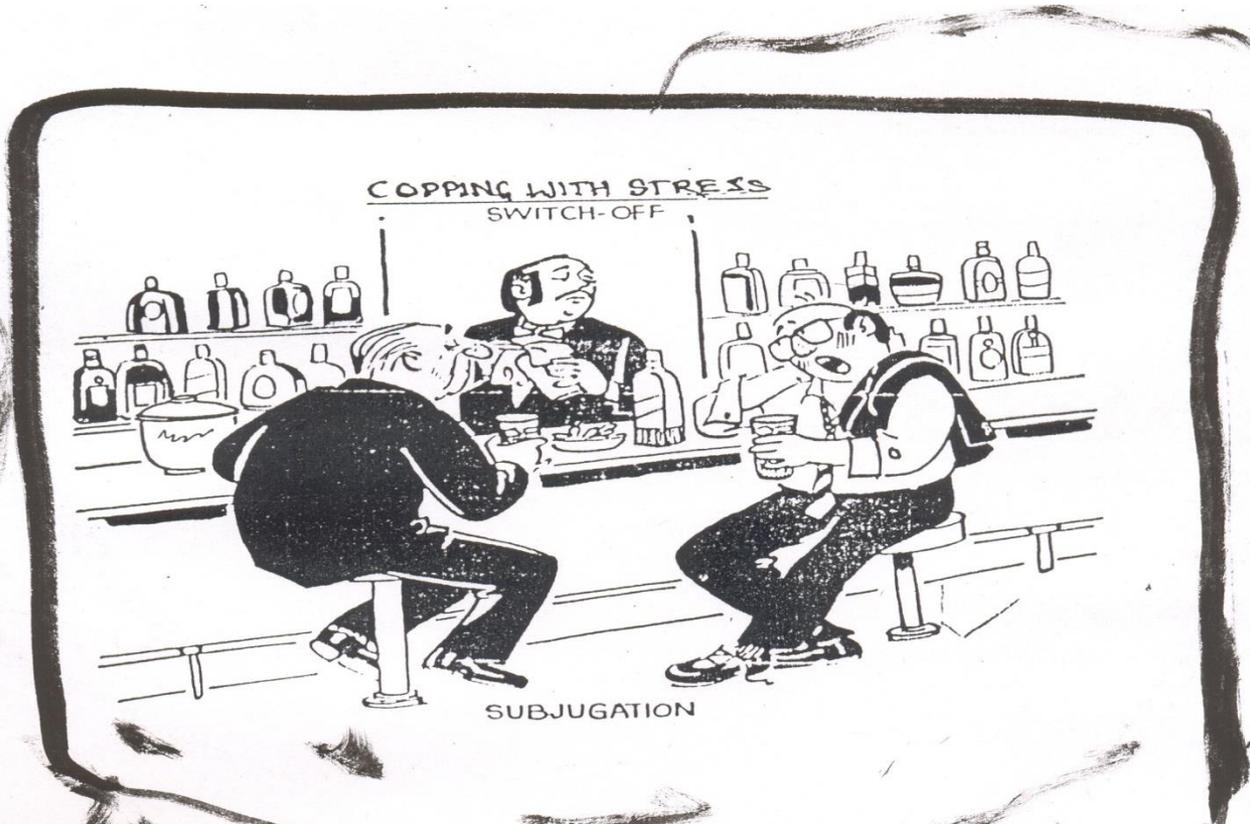


SUCCESS WITHOUT STRESS • SUCCESS WITH SATISFACTION
"MANAGING THE SELF"

COPING WITH STRESS:
FIGHT



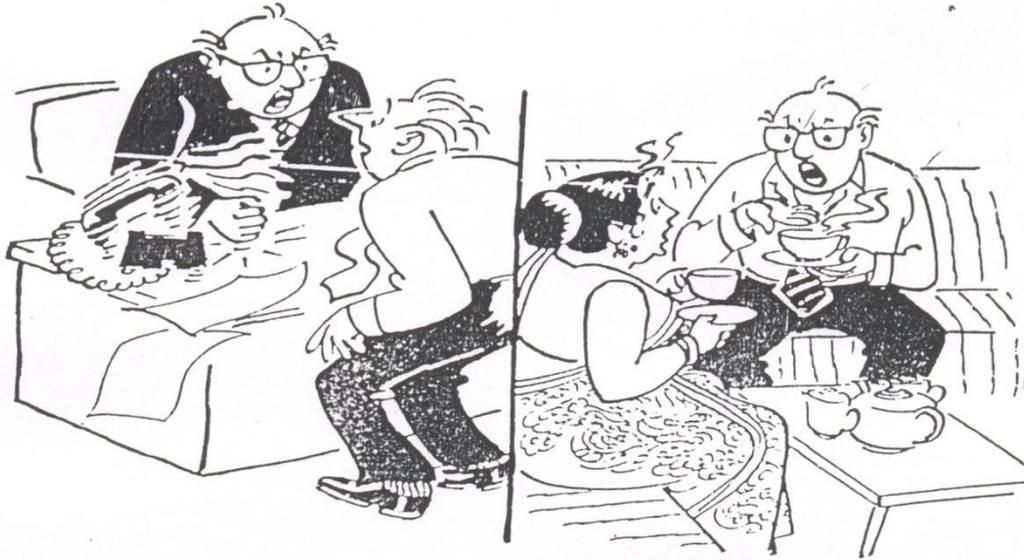
MEDICATION



COPPING WITH STRESS
SWITCH-OFF

SUBJUGATION

COPING WITH STRESS:
TRANSFER



COPING WITH STRESS:
FLIGHT



DEDICATION

COPING WITH STRESS



MANAGING THE SELF?



Professor began his class by holding up a glass with some water in it.

He held it up for all to see & asked the students, 'How much do you think this glass weighs?'

'50gms!' '100gms!' '125gms' ..the students answered.

'I really don't know unless I weigh it,' said the professor, 'but, my

question is: What would happen if I held it up like this for a few minutes?'

'Nothing' the students said.



'Ok what would happen if I held it up like this for **an hour**?' the professor asked.

'Your arm would begin to ache' said **one of the student**

You're right, now what would happen if I held it **for a day?**'

'Your **arm could go numb, you might have severe muscle stress & paralysis &**

have to go to hospital for sure!' ventured **another student & all the students laughed.**

'Very good. But during all this, did the weight of the glass change?' asked the professor.

'No'

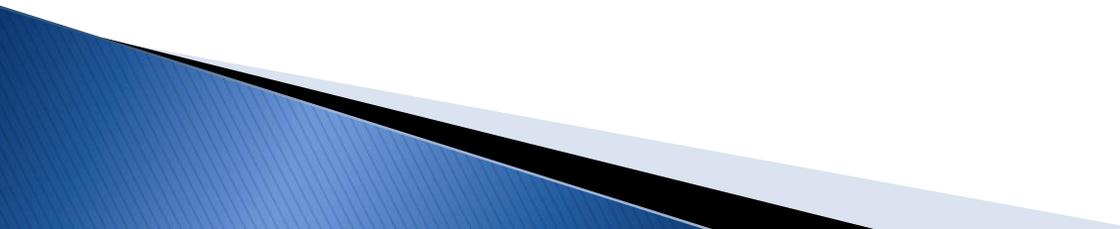
Then what caused the arm ache & the muscle stress?' The students were puzzled.

'Put the glass down!' said one of the students



'Exactly!' said the professor.' Life's problems are something like this.

Hold it for a few minutes in your head & they seem OK. Think of them for a long time & they begin to ache. Hold it even longer & they Begin to paralyze you. You will not be able to do anything.



It's important to think of the challenges (problems) in your life, but EVEN

MORE IMPORTANT to 'put them down' at the end of every day before You go to

sleep. That way, you are not stressed, you wake up every day fresh &

strong & can handle any issue, any challenge that comes your way!

So, When you leave office today,

Remember friend to

'PUT THE GLASS DOWN TODAY! '

SELF MANAGEMENT

- ◎ **Create time for work and leisure.**
 - ◎ **Separate work and home life.**
 - ◎ **Try to leave work at office.**
 - ◎ **Learn to say NO.**
 - ◎ **Identify the time when you are most effective.**
- 

Getting Control of Emotion

- ▶ Relaxation training
 - ▶ Meditation
 - ▶ Biofeedback
- 

Stress Siddhi



A JPMR Based Relaxation



*Have a Relaxed Time
Today & For Ever!*

