



MEDICAL ACADEMY NAMED AFTER S.I. GEORGIEVSKY OF VERNADSKY CFU

STRESS IN MODERN SOCIETY AND WAYS TO OVERCOME ITS CONSEQUENCES

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What is STRESS?



Stress is often termed as a twentieth century syndrome, born out of man's race towards modern progress and its ensuing complexities.

- BENJAMIN FRANKLIN

Meaning of stress

Stress can have a big impact on your body, in ways that are felt by just you, and in way that the world can see. One of the more visible potential by-products of stress is weight gain--many people find themselves to be "emotional eaters" who react to stress by reaching for something--often the *wrong* thing--to eat. Stress can also create a loss of appetite, which can be a problem as well.



Signs Of Stress In Society



PROBABLE SYMPTOMS

- Insomnia
- Loss of mental concentration
- Absenteeism
- Depression
- Extreme anger and frustration
- Family conflict
- Migraine, Headaches and back problems

Causes of stress

- Job Insecurity
- High Performance Demand
- Bad Boss
- Workplace Culture
- Personal or Family Problems
- Technology



EUSTRESS vs. DISTRESS



Eustress

Eustress, or positive stress, has the following characteristics:

- Motivates, focuses energy
- Is short-term
- Is perceived as within our coping abilities
- Feels exciting
- Improves performance



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Positive stress results

Positive stress Results

Enables
Concentration

Increases
Performance

Energizes You
Into Motion

DISTRESS

In contrast, Distress, or negative stress, has the following characteristics

- Causes anxiety or concern
- Can be short- or long-term
- Is perceived as outside of our coping abilities
- Feels unpleasant
- Decreases performance
- Can lead to mental and physical problems

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graph TD; A[Negative Stress Results] --> B[Loss of motivation]; A --> C[Reduces effectiveness]; A --> D[Physical, mental, and behavioral problems];
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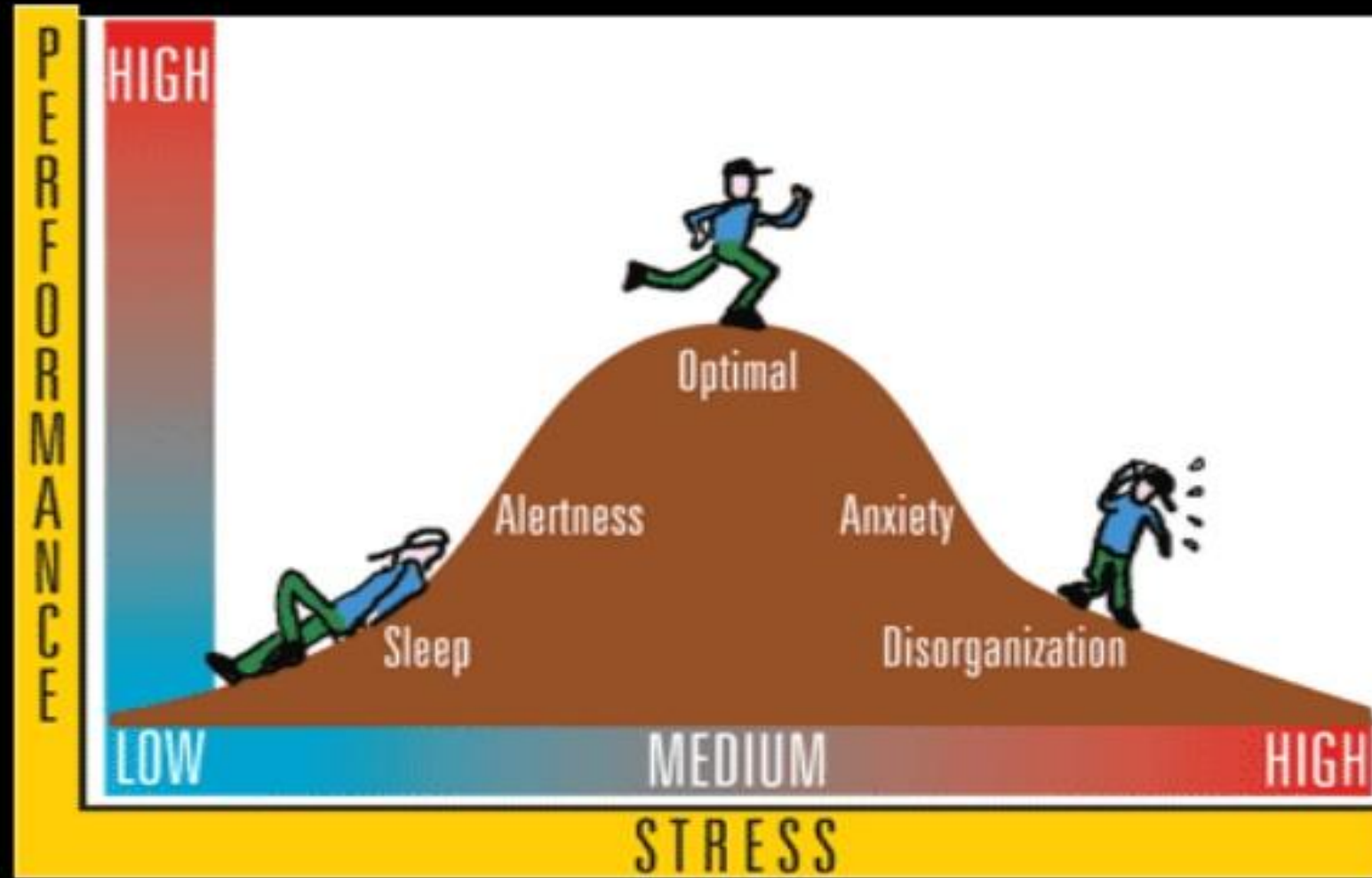
Negative Stress Results

Loss of motivation

Reduces effectiveness

Physical, mental, and behavioral problems

Stress Performance Connection



Be Prepared for Changes

Find and protect time to refresh, re-energize and re-motivate.

Avoid giving in to alcohol, smoking and other substance abuses.

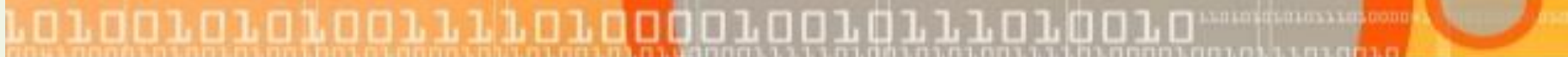


Positive attitudes towards stressful situations in life.

Don't be complacent.

Sit straight and comfortably on your seat, and try breathing exercises

Try creative visualization



Stress management

It is the amelioration of stress and especially chronic stress often for the purpose of improving everyday functioning. Stress produces numerous symptoms which vary according to persons, situations, and severity. These can include physical health decline as well as depression.



Types of Stress management

□ (A) Acute Stress

Acute stress is usually for short time and may be due to work pressure, meeting deadlines pressure or minor accident, over exertion, increased physical activity, searching something but you misplaced it, or similar things. Symptoms of this type of tension are headaches, back pain, stomach problems, rapid heartbeat, muscle aches or body pain.

□ (B) Chronic Stress

This type of stress is the most serious of all the 3 stress types. Chronic stress is a prolonged stress that exists for weeks, months, or even years. This stress is due to poverty, broken or stressed families and marriages, chronic illness and successive failures in life. People suffering from this type of stress get used to it and may even not realize that they are under chronic stress. It is very harmful to their health

Causes of Stress Management

- ❑ Whenever our body feels something not favorable, then it tries to defend itself. If this situation continues for a long time, then our body is working overtime.
- ❑ There are several causes of stress. For example, you are under stress when you are worried about something, worried about your children, worried about the illness of your father, worried about your job security, or worried about your loans or similar things.

Advantages of stress management



Business advantages of stress management:

- Less absenteeism due to stress-related disorders
- Less worker's compensation loss due to stress-related illness or accidents
- Improved job performance
- Less stressful, more efficient workplace
- Improved employee attitude
- Improved employee overall health

Create the habit of deep breaths



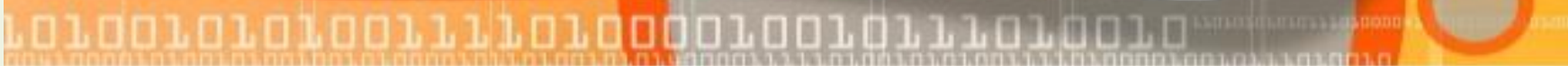
Visualize and communicate your vision



Laugh



1. Crack some jokes.
2. Do your goofiest impressions.
3. Tickle a child that you love.



Be thankful

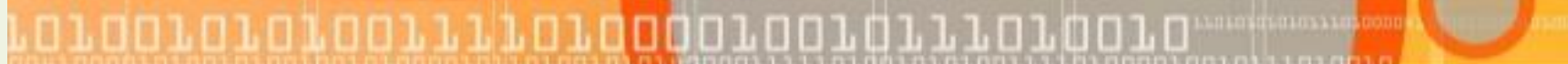
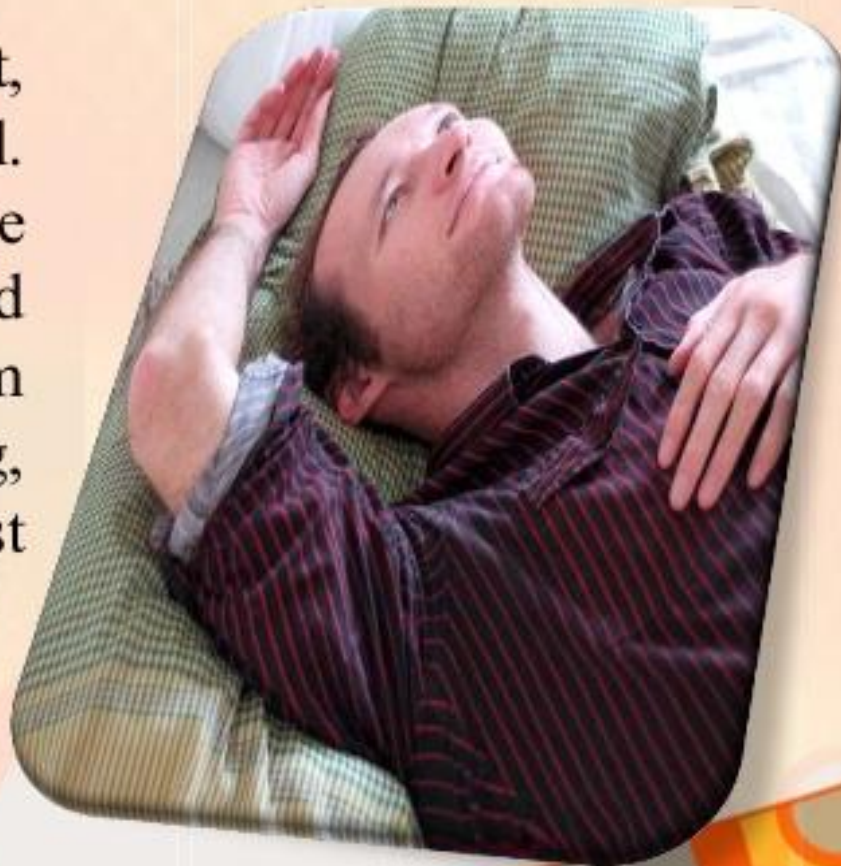


Learn to say no; you cannot do everything you are asked.



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Do nothing. That's right, folks, do nothing at all. Close the door, open the window, have a seat, and take a little break from life. If your mind is racing, learn to meditate and just let that stress go.



Listen to music.



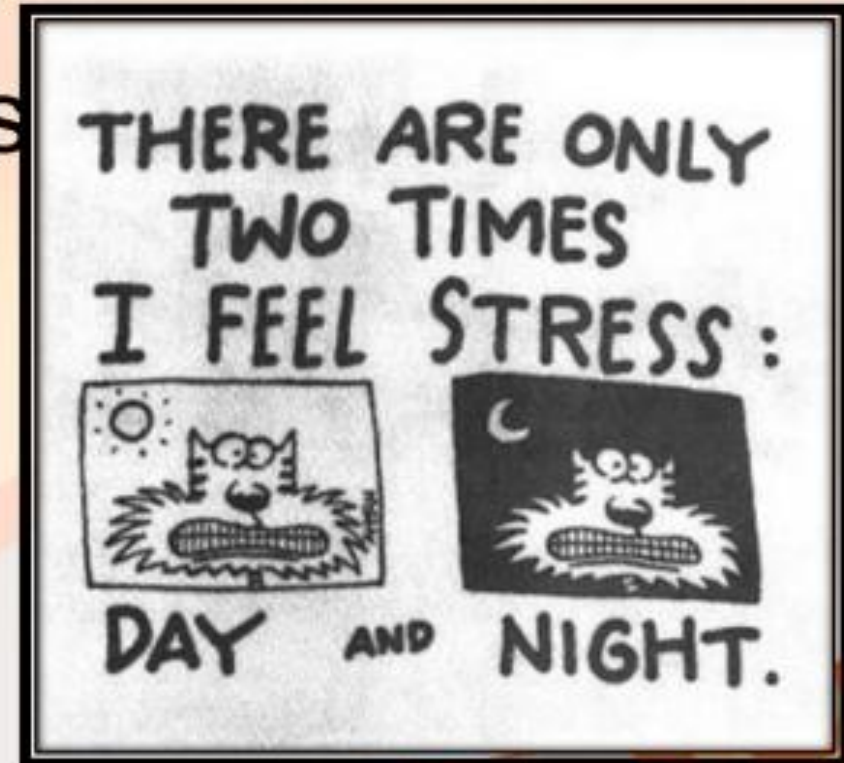
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ABC Strategy

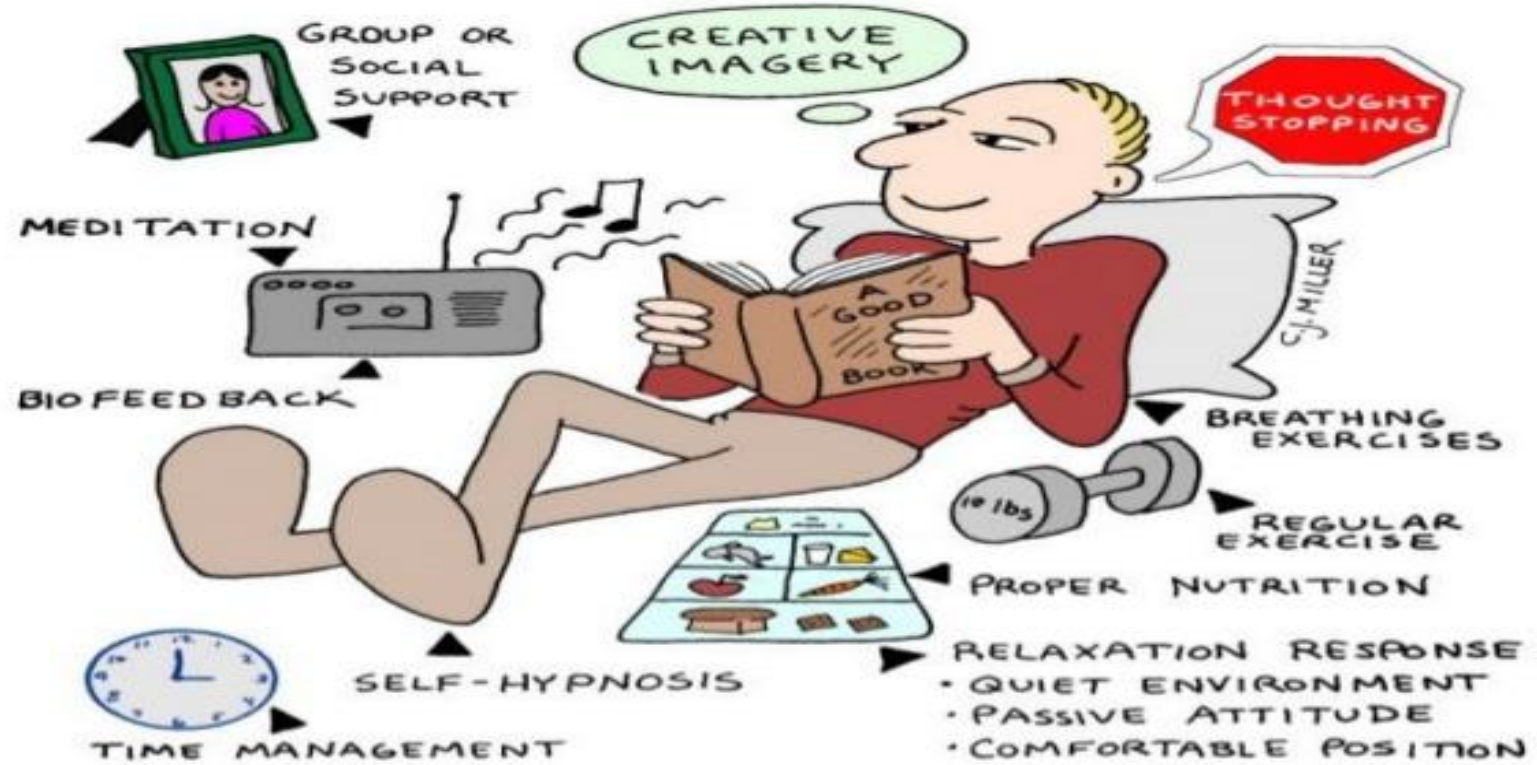
A = Awareness

B = Balance

C = Control



STRESS REDUCTION METHODS



CASE STUDY



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A hand is holding a white rectangular card with the words "Thank You" written in a black, elegant cursive font. The card is positioned in the center of the frame. To the left of the card, there is a decorative black scrollwork flourish. To the right, there is a faint, semi-transparent image of a person's hand holding a pen. The background is a soft, out-of-focus blue and purple gradient. The entire scene is enclosed in a dark blue border.

*Thank
You*