

Review Article

Safe Lives for Stress Full Life

Dr. Balaji Deekshitulu P V

Psychologist & Alternative Medicine (Homeopathy) Practitioner, Sri Balaji Clinic, Tirupati, AP, India

*Corresponding author

Dr. Balaji Deekshitulu P V

Email: drsribalaji@gmail.com

Abstract: In this article the author argues that complete presentation of Stress full life is neither Possible to overcome safe lives on different simple steps. These steps are increasing in Physical and mental health, stress is an important stimulus of human growth and creativity as well an inevitable part of life.

Keywords: Stress, safe live methods.

INTRODUCTION

Stress has reached epidemic proportions due to our fast-paced life-style and the consequent excessive demands on our bodies. Although statistics indicate that the percent between 75 and 90 for all visits to the doctor are for stress- and anxiety-related concerns, many people do not seriously think about stress management until they are on the verge of a burnout or have been affected by a stress-related illness.

Stress affects your physical and mental health. Chronic stress can increase your risk for gastric ulcers, osteoporosis, and sexual dysfunction. It is linked to other physical illnesses including hypertension, heart disease, diabetes, asthma, and arthritis. Chronic stress can also impair the immune system, leading to an increase in infections and worsening of skin conditions such as eczema. Stress hormones have also been associated with post-traumatic stress disorder (PTSD), substance abuse, and mood disorders, as well as anxiety.

Stress has a detrimental effect on memory and cognition, and this can lead to long-term dysfunction due to its impact on the area of the brain involved in learning and memory (the hippocampus). Stress is often associated with deficits in learning ability. It could cause psychiatric disorders such as depression and anxiety. Stress management can help you enjoy a happier, healthier life and develop skills to manage and prevent excessive and chronic stress.

These promote a holistic approach that addresses body, mind, and spirit. The will help you to:

- Identify the actual causes of your stress
- Learn new techniques that help you prevent harmful stresses from occurring

- Improve your mood and your stress resilience. You will be able to successfully manage your stress at work and in your personal life
- Improve your life quality professionally, personally, and socially
- Use mindfulness to improve your life quality and ability to manage stress
- Learn how to address your issues in a more effective way, prioritize you tasks and smoothly manage your daily life
- Turn your personal difficulties into opportunities and stressful situations into a source of joy
- Learn how to manage stress to without affecting you ability to achieve your goals and

Adopt healthy habits that enhance your stress management skills, and help you lead a happier life.

Adopt a healthy lifestyle

You can increase your resistance to stress by strengthening your physical mental health.

- Exercise regularly. Physical activity plays a key role in reducing and preventing the effects of stress. Make time for at least 30 minutes of exercise, three times per week. Nothing beats aerobic exercise for releasing pent-up stress and tension.
- Eat a healthy diet. Well-nourished bodies are better prepared to cope with stress, so be mindful of what you eat. Start your day right with breakfast, and keep your energy up and your mind clear with balanced, nutritious meals throughout the day.
- Reduce caffeine and sugar. The temporary "highs" caffeine and sugar provide often end in with a crash in mood and energy. By reducing

the amount of coffee, soft drinks, chocolate, and sugar snacks in your diet, you'll feel more relaxed and you'll sleep better.

- Avoid alcohol, cigarettes, and drugs. Self-medicating with alcohol or drugs may provide an easy escape from stress, but the relief is only temporary. Don't avoid or mask the issue at hand; deal with problems head on and with a clear mind.
- Get enough sleep. Adequate sleep fuels your mind, as well as your body. Feeling tired will increase your stress because it may cause you to think irrationally.
- Start early: Always start your days at a new job or a new task, ten minutes earlier than planned. You will sufficient time to analyze the new environment and culture or think how things are to be worked out.
- Take your holidays: Life is short. Take some break and enjoy some holidays. Remove stress on a beautiful beach. Be in harmony with nature. Temples You can have a weekend off in a wild sanctuary or go on a tour or visit your friends and relatives.
- Meditate regularly: Meditation has a positive effect physically, emotionally and psychologically and can produce a state of relaxation that benefits the heart, the brain, the lungs and blood.
- Regular physical exercise Such as Yoga, Aerobic, Stretching or going to Gym.
- Tai Chi: It is not just a series of physical movements which is beneficial to the body, but is also made up of meditative and deep breathing exercises, Warm up which provides a calming effect and better sense of well being.
- Develop a balanced lifestyle: That focuses on all aspects of your life, including you work/studies, your family and relationships, your social life, your interests, your spiritual needs and most importantly you.
- High energy foods: High energy foods into your diet such as bananas, pineapple, strawberries, iron, vegetables, leafs, fruits, spinach and cabbage, red meats and even high-energy smoothness.
- Drink herbal tea: Different herbs are known for target and support specific parts of the body including the nervous, circulatory and cardiovascular systems. It is the ideal drink for dealing with stress and other ailments including colds, flu and fatigue.
- Gardening; Take up gardening. Gardening not only allows you to connect to Mother Nature, but also serves as a great form of physical activity. Research has also shown that being in a garden or even just viewing can relieve stress.
- Talk to friends and family Talk to friends and family. Sometimes is helps to talk to friends and family when you are feeling stressed. While they are not professional counsellors, talking to them give you a chance to express your feelings and vent.
- Develop a hobby: Develop a hobby. Getting immersed in a hobby or interesting activity is a great form of stress relief. It allows you to forget the outside world for a while.
- Sex can be a great stress reliever. It not only takes your mind off your worries, for a period of time, it promotes deep breathing, physical activity and provides a great sense of touch.
- Watch a professional game of football, cricket, tennis, Good Movies or Comedy shows etc...
- Enjoy life: Enjoy life. Consider every day that you live to be a blessing, not a curse. We are here on this earth to experience both the good and bad, and everything in between. Enjoy it. Learn and grow from it.
- Play: Play games. Regardless of how busy you are, playing card games like Go Fish, or board games stress balls, such as trivial Pursuit, can actually relieve stress.
- Maintain a spiritual practice: Maintain a spiritual practice like repeat a mantra "OM" and Visit Temples a personal spiritual practice that nurtures your soul, such as meditation, prayer or regular visits to your place of worship, is a great approach towards enhancing your emotional health and managing stress.
- Bath: Take a hot bath. Heat increases circulation of blood to the tissues, including the muscles, which can help you relax.
- Touch: Shake Hands etc. is also a good stress reliever and Develop Attachment to others.
- Drinking water, eating fresh seasonal vegetables, leafy greens fruits, vitamins B,C, Minerals including magnesium, selenium and zinc.
- Reading: Read mind soothing, Read self-help and self-improvement books.
- Write: Stress Dairy, Strength, Weakness and Puzzles How happy you feel now, how you stressed feel now, the symptom you feel, if you're recording an event, how well you handled it.
- Clothes: Avoid tight-fitting clothes, clothes that might be too tight, make you feel too hot or too cold, or make your feet hurt can make you feel more physically tense and contribute to the stress you feel.
- Massage: Massage by gradual Pressing and Releasing the Muscles. so get loosen and their tightness and tension.
- Acupressure: By pressing various Points in the body located in hands, feet, face, and spine in

- the body are balanced. and removing tension and stress
- Music: Music is great power in soothing a tired and tense mind, a distracted mind easily becomes centered on pleasant music songs or chanting of mantras. However, Classical music, Old melodious songs, Devotional music and bhajans have been found to be generally soothing for a restless and disturbed mind.
 - Colours: Colours is based on the ancient art of using colour and light to treat stress and related altering the colours that surround us, it is possible to enhance health and well-being.
 - Sticker your phone: Place a smiley sticker on your phone Or Sticker in inspirational quotes, Arts and motivate posters, Photos It will remind you that you are making or answering a as your life.
 - Sing: Singing can be a beautiful and liberating form of stress relief. Express yourself loudly or quietly, in public or just in the shower. It doesn't matter if you don't have a musical bone in your body. You don't need to be on key, just enjoy yourself.
 - Get a pet: Get a pet. Whether it is a dog, cat or a hamster, your pet gives you an opportunity to show and share love and affection. Studies have shown that pets help reduce blood pressure and stress. Pets promote a healthier lifestyle and can even provide better social support than humans.
 - Get a window: Make your office on beautiful site. Gazing for a while on beautiful site of window will relieve stress. Have a cup of coffee near the window. You will feel relief.
 - Smells: Essential oils can also be inhaled, using an oil burner or breathing in an infusion and can also be very beneficial when added to baths .smells blend to relieve the mental fatigue you might experience after a long day at work or when you're just plain tired of thinking and want to drift away to a peaceful place...If you have to work in an air conditioned or stuffy building, using essential oils in a diffuser or spritzing a spritzer can really clear the air. Geranium, Lavender, Lemon, Peppermint and Rosemary are all excellent for a quick pick me up. Try Chamomile, Lavender or Sandalwood oil. All are thought to help combat stress and tension.
 - Good Air: The most important element required by body is present in the air that surrounds us. It is the primary fuel of our body. The main source of oxygen on earth is photosynthesis by vegetation like trees, shrubs and other green plants. It purifies our blood and activates the cell of our body. Plants take up carbon dioxide from the air for their nutrition and growth and in turn release oxygen into the air.
 - Relaxation Effects: Relaxation effects like Walking, Swimming, Dancing and Shaking of Body, Rocking.
 - Imagination: Try positive visualization or guided imagery. Think about a time or place when you were relaxed and content. By recreating the situation in your mind, recalling the sights, smells and sounds, your emotions will change which will have a positive effect on you physically.
 - Help others: Help others especially those less fortunate than yourself. Providing such service not only benefits others, but also gives you an opportunity to focus on matters other than your own. You may also learn that you are actually better off than a lot of other people.
 - Change your situation: Change your situation. If your job is just causing you too much stress and cannot be dealt with, or if there are issues in your relationship that cannot be addressed it might be time to move on. Do not be afraid to consider this option. Count to 10: Before you say or do something you'll regret, step away from the stressor and collect yourself,
 - Remove or modify irrational beliefs: Your beliefs greatly influence your perception on life. Beliefs such as "I am no good" or "No one cares about me" can significantly contribute to your stress.
 - Peace: Live in peace. Don't look for arguments just for the sake of it or go out of your way to see the bad side of people. You will inevitably cause yourself angst and stress. Rather look at the positive side of people and what they have to offer as human beings.

Lori A. Leyden-Rubenstein[1]asked that these all involve behaviour and lifestyle - things we can control and change. This text presents a proven programme for dealing with stress by gaining power over it.

Gupta M.K [2] suggests that techniques for their control and management on scientific basis. It explains their impact of both on physical as well as mental health interaction between mind and body.

Tom Humphrey [2] significantthat response of Salmonella to different stresses, must therefore be translated into improved intervention strategies for food producers and consumers.

Albert varga *et al.*, [4]indicate that the stress echocardiography is a safe method in the real world, but complications may occur exercise seems safer then pharmacologic stress and dipyidamole safer then possibly because of reselection criteria.

Robin Sharma [5]asked that 101 simple solutions to life's most complex problems, ranging from

a little-known method for beating stress and worry to a powerful way to enjoy the journey while you create a legacy that lasts.

Martha Davis *et al.*[6]suggested that including progressive relaxation, autogenic, (self-hypnosis, visualization, and mindfulness and acceptance therapies) cognitive behavioural therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

Kurubaran Ganasegeran *et al.*,[7]suggested that the students in this study had healthy eating habits. Social and psychological factors were important determinants of eating habits among medical students.

Gretchen E *et al.*,[8]significant that the effects of perceived stress on grade point average or minor medical issues, and there were no significant gender differences in levels of stress. The results could help college freshmen adjust to challenges of college by helping them understand some of the effects of stress and benefits of reducing that stress.

Lisa Rusczyk[9] asked that 50 simple tips are any person who would like to know while having stress in their home and work lives. This also includes a list of positive words and 16 ways for Mom's to Distress.

Pei-Fen Li *et al.*[10] studied that the results are discussed in relation to the life course, stress process, coping theories, and Chinese cultural values as well as their clinical implications of working with Chinese population.

Robyn S *et al.* [11] studied that the provides preliminary evidence that diet self-efficacy and perceived stress levels relate to nutrient intake in young adult females, and that increasing diet self-efficacy and reducing perceived stress in young adult females may lead to reductions in fat and sodium intake, leading to healthier eating habits.

Chuan Liu *et al.* [12]studied that the occupational reward (money, esteem, career opportunities) to their high work demands, psychological counselling, and stress management courses should be provided to psychiatrists to improve their QOL(Quality of life). Psy Cap(Psychological capital), as a personal coping resource open to change, should be managed and developed among psychiatrists.

CONCLUSION

Actually People who have fallow several techniques to combat stress. agree that simply having the intention to simple tips has a profound effect on anyone's mental/physical health and personal

development The Physical and Mental related various simple tips powerful, that is very powerful ! Just by doing this you can have great benefits with the practice of sudden stress. So in conclusion yes simple tips can be a great remedy for stress and can offer some stress relief.

REFERENCES

1. Leyden-Rubenstein L; The stress management handbook. McGraw Hill Professional; 1999.
2. Gupta MK; How to Control Mind and Be Stress Free. Pustak Mahal; 2004.
3. Humphrey T; Salmonella stress responses and food safety. Nature Reviews Microbiology, 2004; 2(6): 2504-509.
4. Varga A, Garcia MAR, Picano E; Safety of Stress Echocardiography, JAC,2006; 98(4):541-543.
5. Sharma R; Who will cry when you die?: life lessons from the monk who sold his Ferrari. Jaico Publishing House; 2003.
6. Davis M, Eshelman ER, McKay M; The relaxation and stress reduction workbook. New Harbinger Publications; 2008.
7. Ganasegeran K, Al-Dubai SA, Qureshi AM, Al-Abed AA, Rizal AM, Aljunid SM; Social and psychological factors affecting eating habits among university students in a Malaysian medical school: a cross-sectional study. Nutrition Journal, 2012; 11(1):1.
8. Fogle GE, Pettijohn TF; Stress and health habits in college students. OJMP, 2013; 2(2): 61-68.
9. Rusczy kL; 50 Things To Know To Live a Stress Free Life: Reduce Stress and Relax, Amazon Digital Services, Inc, 2013.
10. Li PF, Wickrama KA; Stressful Life Events, Marital Satisfaction, and Marital Management Skills of Taiwanese Couples. Family Relations, 2014; 63(2):193-205.
11. Nastaskin RS, Fiocco AJ; A survey of diet self-efficacy and food intake in students with high and low perceived stress. Nutrition journal, 2015; 14(1):1.
12. Liu C, Wang L, Zhao Q; Factors related to health-related quality of life among Chinese psychiatrists: occupational stress and psychological capital. BMC Health Services Research, 2015; 15(1):1.