

# MEETING LIFE CHALLENGES



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# STRESS

## *Definitions-*

*“A state of anxiety produced when events and responsibilities exceed one’s coping abilities.” – Richard Lazarus*

*“Stress is non specific response of the body to any demand placed upon it whether it produces pleasure or pain.” – Hans Selye*

*“ Stress is a state of strain, whether it is physical or psychological.” – Atkinson, Beme &Woodworth*

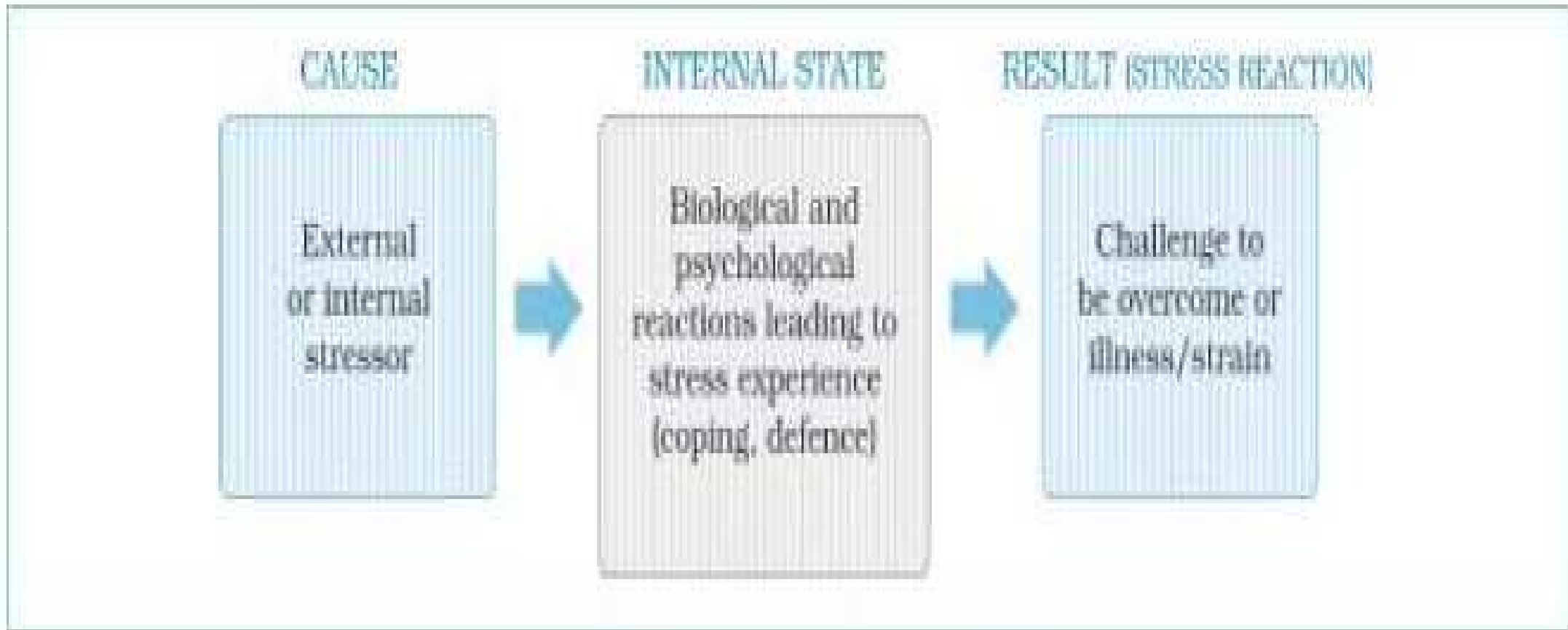


# NATURE OF STRESS

- The word stress has its origin in the latin word 'strictus', meaning tight or narrow and 'stringere', the verb meaning to tighten.
- These root words reflect the internal feelings of tightness and constriction of muscles and breathing, a common sign of stress.
- The reaction of external stressor is called strain.
- Stress functions as a cause as well as effect.
- Hans Selye, the father of modern stress researches, defined stress as the non specific response of the body to any demand.



## Psychological meaning of stress



# Types Of Appraisal

*Perception of stress is dependent on an individual's cognitive appraisal of events and the resources available to deal with them.*

## Lazarus and Folkman suggested two types of appraisal

- 1. Primary Appraisal:** *refers to the perception of a new or changing environment as positive, neutral or negative in its consequences. Negative events are appraised for their possible harm, threat or challenge.*
  - Harm appraisals is the assessment of the damage that has already been done by an event.*
  - Threat appraisals is the assessment of possible future damage that may be brought about by the event.*
  - Challenge appraisals are associated with more confident expectations of the ability to cope with the stressful event, the potential to overcome and even profit from the event.*

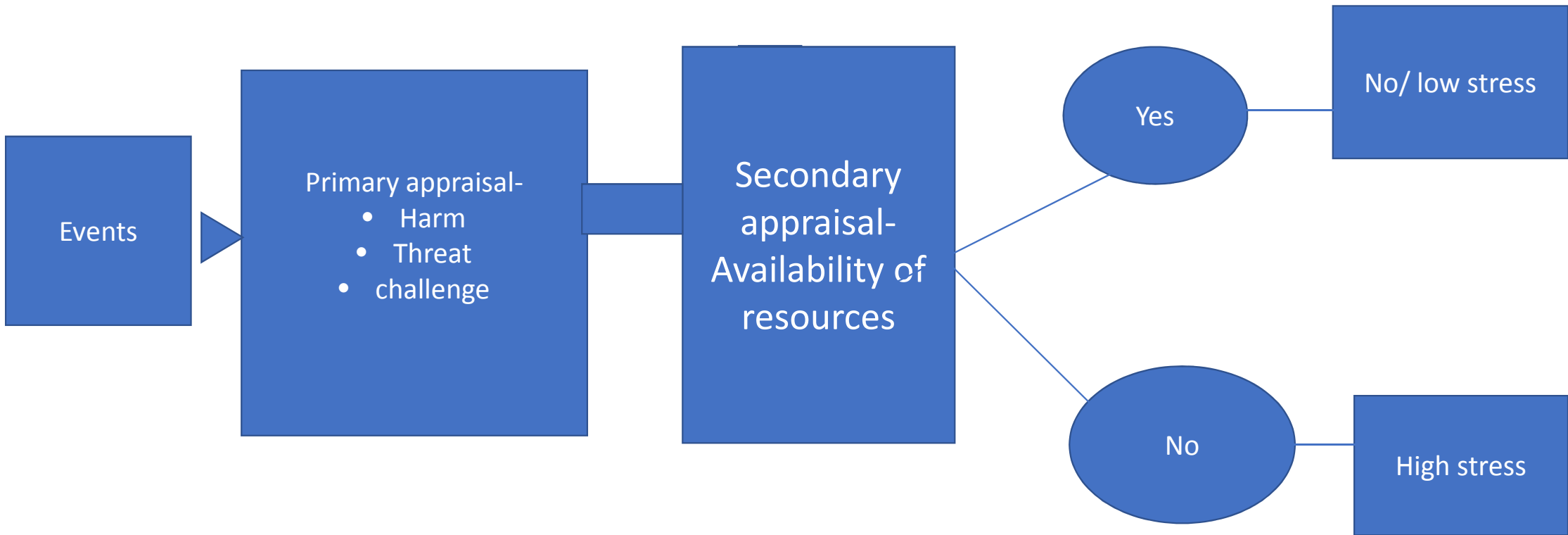
**2-Secondary appraisal-** refers to that assessment of one's coping abilities resources and whether they will be sufficient to meet the harm, threat or challenge of the event. These resources may be mental, physical, personal or social. If thinks one has a positive attitude, health, skills and social support to deal with the crises, he/she will feel less stressed.

Appraisals are very subjective and will depend on many factors:

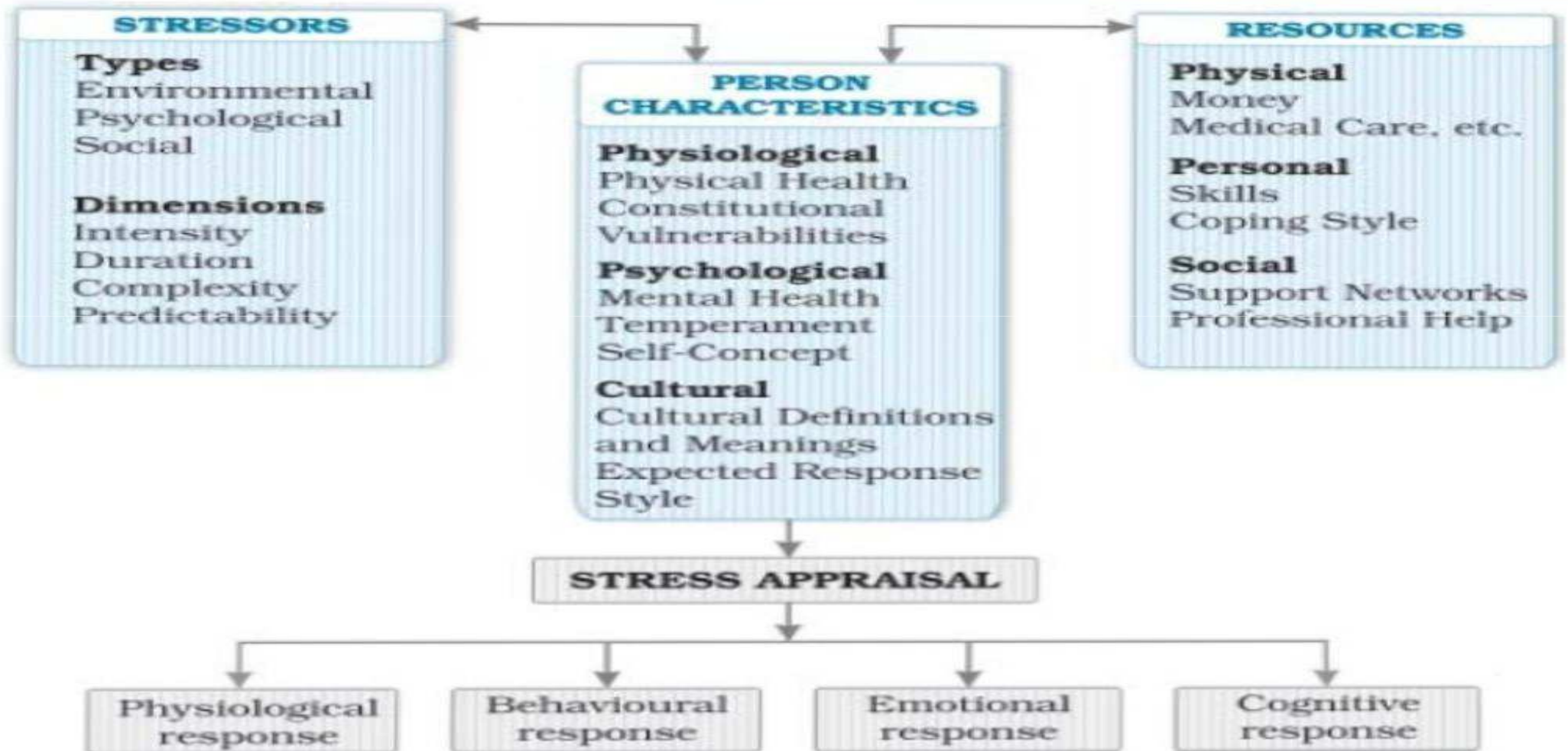
- Past experience
- Controllable.
- Intensity
- Duration.
- Complexity
- Predictability.



# Stress Cycle



# A General Model Of The Stress process





## *Characteristics Of Stress*

Negative feeling- stress is a negative feeling as it always gives pain to an individual.

- Stress effects physically as well as mentally .
- Subjective feeling- it is a subjective feeling as it varies from individual to individual.
- Stress diminishes or lowered down the performance of an individual.
- Stress can be altered or accomodate by an individual .
- Stress causes 70-80% diseases.
- Individual feels stressful when there is a discrepancy between demands and resources.

## Types Of Stress

- Eustress- it is good, positive and motivate individual to attain goal.
- Distress- it is bad, negative, lowered output ,cause accidents, decrease performance of an individual.
- Hyper stress– negative and bad for individual’s health.
- Hypo stress- it is under stress, make person lazy , lowered performance, decrease efficiency of an individual.
- Neu stress- it is also negative in nature but not directly impact on an individual.
- General stress- it is common among all and does not interven in person’s life.
- Cumulate stress- it makes individual to avoid things .
- Acute traumatic stress- person reacts normal to abnormal events.

# Sources of stress

## A- Environmental factors-

- Economic uncertainty
- Political uncertainty
- Change in technology

## B- Personal factors-

- Family
- Economic status
- Personality

## C- Work factors-

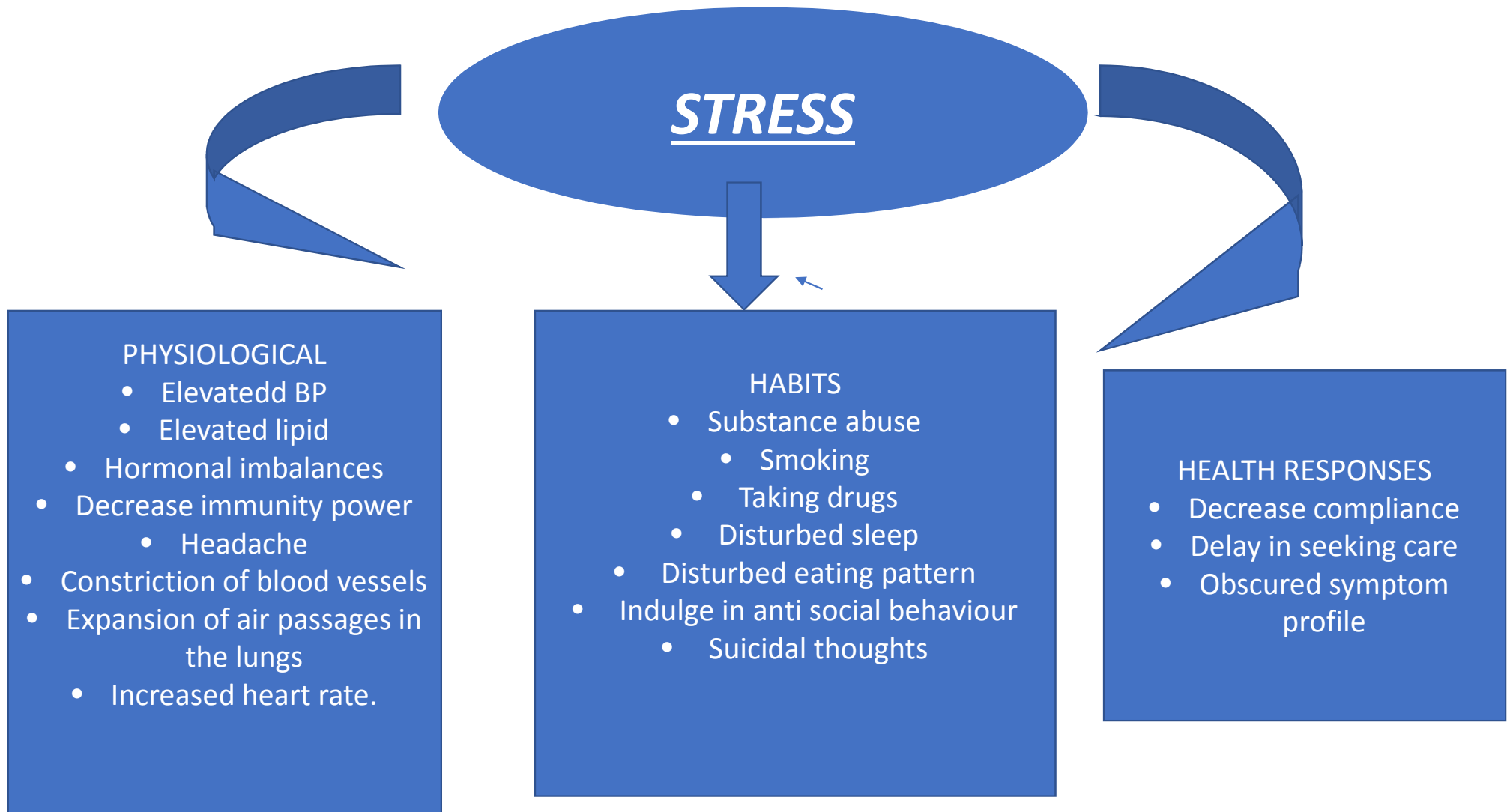
- Task demands
- Role demands
- Interpersonal demands

## D- Individual difference-

- Perception
- Experience
- social support
- self efficacy
- hostility
- lack of control .



# Individual Interpretation And Responses



# Coping With Stress

Coping- it is a dynamic situation- specific reaction to stress.It is a set of concrete responses to stressful situations or events that are intended to resolve the problem and reduce stress.

## Coping Strategies-

A – Given by Psychologist Endler and Parker:

1.Task-oriented Strategy: *Obtaining information about the stressful situation and about alternative courses of action and their probable outcome; deciding priorities and acting so as to deal directly with the stressful situation.*

2. Emotion-oriented Strategy: *Efforts to maintain hope and to control one's emotion; it can also involve venting feelings of anger and frustration, or deciding that nothing can be done to change things.*

3. Avoidance-oriented Strategy: *Denying or minimizing the seriousness of the situation;It also involves conscious suppression of stressful thoughts and their replacement by self protective 'thoughts.*

B.

**Given by Psychologist Lazarus and Folkman (1984)**

- 1. Problem-focused strategies**- attack the problem itself, with behaviours designed to gain information, to alter the event, and to alter belief and commitments. They increase the person's awareness, level of knowledge, and range of behavioural and cognitive coping options. They can act to reduce the threat value of the event.
- 2. Emotion-focused strategies** -call for psychological changes designed primarily to limit the degree of emotional disruption caused by an event, with minimal effort to alter the event itself.

## Emotion-Focused Coping Skills



Exercise



Take a bath



Give yourself  
a pep talk



Meditate

## Problem-Focused Coping Skills



Work on  
managing time



Ask for support



Establish  
healthy boundaries



Create a  
to-do list

# Promoting Positive Health And Wellbeing

. **Assertiveness**: Helps to communicate clearly and confidently, our feelings, needs, wants and thoughts. It is the ability to say 'no' to a request, to state an opinion without being self-conscious, or to express emotions.

. **Time Management**: Learn how to plan time and delegate can help to relieve the pressure.

. **Rational thinking**: Challenge your distorted thinking and irrational beliefs, driving out potentially intrusive negative anxiety-provoking thoughts, and making positive statements.

. **Improving Relationships**: The key to a sound lasting relationship is communication. Listening to what the other person is saying, expressing how you feel and what you think, and accepting the other person's opinions and feelings, even if they are different from your own.

. **Self-care**: If we keep ourselves healthy, firm and relaxed, we are better prepared . physically and emotionally to tackle the stresses of everyday life.

. **Overcoming Unhelpful Habits**: Unhelpful habits such as perfectionism, avoidance, procrastination, etc. are strategies that help to cope in the short term but which make one more vulnerable to stress to feel stress free one must overcome or avoid these habits.



- **Diet**: A balanced diet can lift one's mood, give more energy, feed muscles, improve circulation, prevent illness, strengthen the immune system and make one feel better to cope with stresses of life.
- **Exercise**: Regular exercise plays an important role in managing weight and stress, and is shown to have a positive effect on reducing tension, anxiety and depression.
- **Positive Attitude**: Some of the factors leading to a positive attitude are— having a fairly accurate perception of reality; a sense of purpose in life and responsibility; acceptance and tolerance for different viewpoints of others, taking credit for success, accepting blame for failure, being open to new ideas, having a sense of humour with the ability to laugh at oneself.
- **Positive Thinking**: Optimism, which is the inclination to expect favourable life outcomes, has been linked to psychological and physical well-being.
- **Social Support**: The existence and availability of people on whom we can rely upon, people who let us know that they care about, value, and love us.

# ➔ HEALTHY COPING SKILLS FOR STRESS

## #1 MANAGE YOUR RESPONSE

The stress is your body's response to something, not the something in and of itself and this makes it easier to identify positive coping strategies, so focus on managing *your* response to the stress you experience, rather than trying to micromanage the stress itself



## #5 THINK POSITIVE

The optimistic among us are far more proficient in dealing with life's stressful situations which reduces how stress affects them, a positive outlook helps change the perception of stress, which negates its effects on your mind, body and spirit

## #7 STAY THE COURSE

If you have previously turned to unhealthy coping methods don't lose hope if you have a slip up. It isn't the end of the world if you pick up a cigarette or have a drink, but don't allow them to creep back in as a habit. Instead, focus on how you can regain control.



## #2 TIME MANAGEMENT

Do you find it difficult to say no to anyone who asks you for help, or asks a favor of you? This type of behavior could be fueling your stress directly because every time you say yes, something else is impacted. It always results in more stress, so you need to learn how to manage your time effectively and prioritize your schedule accordingly



## #3 WORK LIFE BALANCE

Whether your problem is that you focus on work too much or not enough, when you learn how to strike a balance it will mitigate your stress and its harmful effects. There should be time for everything, family, leisure, work and for yourself.

## #4 MEDITATION

There are a variety of techniques for meditation suitable for anyone. Meditation calms the racing mind, lowers blood pressure and breathing, calms the nervous system and brings peace, all of which with regular practice greatly reduces chronic stress



## #6 STRONG SOCIAL NETWORK

Your social network of family and friends provides support through the most stressful times, a simple as a chat on the telephone or grabbing coffee with a friend, sister or co-worker bolsters personal relationships and offers respite when you're under stress



# Life skills

## **1. Meaning:**

- Life skills are abilities for adaptive and positive behaviour that enables individuals to deal effectively with the demands and challenges of everyday life.
- They are abilities that facilitate the physical , mental and emotional well-being of an individual.

Broadly classified into two categories-

- 1. Thinking skills-** relate to reflection at personal level.
- 2. Social skills-** relate to interpersonal skills and do not necessarily depend on logical thinking.

The combination of both types of skills are needed for learning assertive behaviour and negotiating effectively.

**Some of the core life skills are:**

- Self awareness.
- Empathy.
- Creative thinking.
- Critical thinking.
- Sound Decision making.
- Problem solving
- Healthy Interpersonal relationship.
- Effective communication.
- Coping with stress.
- Dealing with emotions effectively .

