

**Impact
Factor
3.025**

ISSN 2349-638x

Refereed And Indexed Journal

**AAYUSHI
INTERNATIONAL
INTERDISCIPLINARY
RESEARCH JOURNAL**

UGC Approved Monthly Journal

VOL-IV

ISSUE-IX

Sept.

2017

Address

• Vikram Nagar, Boudhi Chouk, Latur.
• Tq. Latur, Dis. Latur 413512 (MS.)
• (+91) 9922455749, (+91) 8999250451

Email

• aiirjpramod@gmail.com
• aayushijournal@gmail.com

Website

• www.aiirjournal.com

CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE

Life Skills for Stress Managemnt

Sonam kalra

Asst prof.

DAV college of Education, Fazilka.

Abstract

In day to day life, we all face stress in every sphere of life like in our job, in our relationships, in our society, etc. Stress has many negative impacts on our life. To deal with consequences of stress, one should learn to manage stress using different strategies. In this article some strategies are outlined to deal with stress effectively.

Stress

In our daily life many times emotions outburst, mental health decreases, nervous breakdown and stress usually occur.

- Stress in natural, ongoing, dynamic and interactive process.
- Stress is part of modern life.

According to **Webster's New World Dictionary (1973)**

“Stress is the mental or physical tension caused by some urgency or pressure.”

Cox (1990) viewed

“Stress as stimuli, a response or as a result of some interaction of imbalance between the individual and aspects of environment.”

Scott (1998) opined

“Stress is any unpleasant and disturbing emotional experience due to frustration.”

Life Skills

Life skills are abilities for adaptive and positive behavior that enable humans to deal effectively with the demands and challenges of day to day life. Life skills are a set of human skills that a person acquires deliberately or by direct experiences that he/she uses to solve a problem and answer some common questions encountered daily .

Core life Skills

- Self awareness and self esteem
- Values and Believes
- Relationships
- Decision making
- Peer pressure- Saying No to negative peer pressure
- Coping with emotions and stress management

Stress management

Can be defined as making changes to your life when you are in a constant stressful situation, preventing stress by practicing self-care and relaxation and managing your response to stressful situations when they do occur.

There are various ways to deal with stress. Following are some life skills which one can adopt in his life to cope up with stressful situations:

1. **Sound Physical Health.** We all know very well that our physical health affects our emotional health much more than we realize. So always make sure to eat healthy, exercise regularly and get plenty of sound sleep. As *Virgil* said: "The greatest wealth is health."
2. **Vent out your anger and let go your grudges.** Shake it off. Walk it off. Keeping anger or ill feelings builds emotional toxicity, which ultimately affects your overall health.
"For every minute you are angry, you lose sixty seconds of happiness". *Anonymous*
3. **Be alert.** Search for hidden message in negative or difficult situations. Try to learn from them. Experiencing adversity is meant to teach you a new skill.
"Life deals you a lot of lessons, some people learn from them, some people don't." *Brett Favre*
4. **Stay engaged.** Don't let complacency or boredom set in. In order to feel alive and vibrant we need to keep our minds active by learning new things and challenging ourselves.
"If I had to live my life again I would have made a rule to read some poetry and listen to some music at least once a week; for perhaps the parts of my brain now atrophied could thus have been kept active through use." *Charles Darwin*
5. **Trigger your senses.** As well as keeping your mind active, enjoy beautiful art, listen to music that lifts your spirits or try a new gourmet dish. Our senses need to be reawakened every now and then too.
"Man has no Body distinct from his Soul; for that called Body is a portion of Soul discerned by the five Senses, the chief inlets of Soul in this age." *William Blake*
6. **Stay happy in every situation.** Balance in life is important for maintaining emotional health. Too much emphasis on work causes stress as well as wear and tear on the body and mind. Take time off; go to the beach, the park or a movie to take your mind off your current quandaries. Chances are when you come back you will see things from a fresher, more productive perspective.
"I hope life isn't a big joke, because I don't get it." *Jack Handey*
7. **Maintain harmony in relationships.** Maintain good relationships with friends and family for much needed feedback, a shoulder to lean on or a different perspective. Often we get so caught up in our own problems and misery we can't see the forest for the trees. Having an objective pair of eyes and ears can give you a whole new way of thinking.
"Someone to tell it to is one of the fundamental needs of human beings". *Miles Franklin*
8. **Give your old clothes, furniture or items you don't use anymore to your local Good Will, Salvation Army or charity of your choice.** It will make you feel good, first by helping someone out and secondly by cleaning out your closets and basements of 'stuff' you haven't put to use in a long time.
"For it is in the giving that we receive." *St. Francis of Assisi*
9. **Take some yoga classes, learn to meditate or incorporate a relaxation technique into your routine.** Besides having fun and not taking yourself too seriously, it's a good idea to integrate another relaxation strategy into your routine for those times when life gets somewhat overwhelming. Having many methods to fall back on ensures emotional well-being.
"If a man insisted always on being serious, and never allowed himself a bit of fun or relaxation, he would go mad or become unstable without knowing it". *Herodotus*
10. **Learn to savor and appreciate the moment.** How many times have we heard that life is too short? We get so caught up in the whirlwind that we forget to live in the present moment. And in those times we're not caught up in the whirlwind, we're worrying about the future. It's time to slow down and enjoy the now!

11. **Write.** Devote some time to write about things/situations you were stressed about during the day .then try to find about the reasons and then the strategies to cope up with.
12. **Let your feelings out.** Give a healthy outlet to your feelings. Express love and anger to relieve stress.
13. **Do something you enjoy.** Don't spend your day over burdened with work. Spare some time for things that give your joy. Develop a good hobby like gardening. Pen down your feelings on a piece of paper. Be a volunteer. Work for pets, parents, and children.try keeping surroundings clean.
14. **Meditate.** Meditation means to focus your attention. Meditation helps to focus on positive things and it helps to relieve stress by discarding negative thoughts.
15. **Connect with others** when you connect with people who are good to you, you feel it. This is a big deal. Don't forget to acknowledge how great it is to be around someone who lights you up. Tell them even if you feel a little weird. Your people will love your weirdness.

References

1. Cox (1990). *Stress as stimuli, a response or as a result of some interaction of imbalance between the individual and aspects of environment.* Orient Books: New York, 11(2),199-203.
2. Scott, W.P (1998). *Dictionary of Sociology.* Goyal Sabb, New Delhi, 62.
3. Webster's New World Dictionary (1973). The World Publishing Company, New York, 91.
4. Z., Hereford. Tips for Maintaining Mental and Emotional Health Retrieved from<http://www.essentiallifekills.net/emotionalhealth.html>
5. <http://ww.lifeskillshandbooks.com/2009/11/life-skills-definitions-ideas-resources/>
6. <http://study.com/academy/lesson/what-is-stress-management-definition-benefits.html>
7. <http://www.webmd.com/balance/stress-management/stress-management-relieving-stress#2>

