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STRESS MANAGEMENT AND HUMAN BEHAVIOUR DEVELOPMENT.

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Abstract:

Stress is the way human beings react both physically and mentally to changes, events, and situations in their lives. People experience stress in different ways and for different reasons. Stressors have a major influence upon mood, our sense of well-being, behavior, and health. Acute stress responses in young, healthy individuals may be adaptive and typically do not impose a health burden. However, if the threat is unremitting, particularly in older or unhealthy individuals, the long-term effects of stressors can damage health. The relationship between psychosocial stressors and disease is affected by the nature, number, and persistence of the stressors as well as by the individual's biological vulnerability (i.e., genetics, constitutional factors), psychosocial resources, and learned patterns of coping. Psychosocial interventions have proven useful for treating stress-related disorders and may influence the course of chronic diseases.

Keywords: stress management, human behaviour, development.

Introduction:

Stress is a fact of life, wherever you are and whatever you are doing. You cannot avoid stress, but you can learn to manage it so it doesn't manage you. Changes in our lives—such as going to college, getting married, changing jobs, or illness—are frequent sources of stress. Keep in mind that changes that cause stress can also benefit you. Moving away from home to attend college, for example, creates personal-development opportunities—new challenges, friends, and living arrangements. That is why it's important to know yourself and carefully consider the causes of stress. Learning to do this takes time, and although you cannot avoid stress, the good news is that you can minimize the harmful effects of stress, such as depression or hypertension. The key is to develop an awareness of how you interpret, and react to, circumstances. This awareness will help you develop coping techniques for managing stress. For example, as an Army platoon leader, managing stress will require techniques that include an awareness of yourself and your Soldiers.

What is Stress?

The term "eustress" comes from the Greek root *eu-* which means "good" (as in "euphoria"). Eustress results when a person perceives a stressor as positive. "Distress" stems from the Latin root *dis-* (as in "dissonance" or "disagreement"). Medically defined distress is a threat to the quality of life. It occurs when a demand vastly exceeds a person's capabilities. Stress may cause headache.

In psychology, **stress** is a feeling of emotional strain and pressure. Stress is a type of psychological pain. Small amounts of stress may be beneficial, as it can improve athletic performance, motivation and reaction to the environment. Excessive amounts of stress, however, can increase the risk of strokes, heart attacks, ulcers, and mental illnesses such as depression and also aggravation of a pre-existing condition.

Stress can be external and related to the environment, but may also be caused by internal perceptions that cause an individual to experience anxiety or other negative emotions surrounding a situation, such as pressure, discomfort, etc., which they then deem stressful.

Stress is a normal human reaction that happens to everyone. In fact, the human body is designed to experience stress and react to it. When you experience changes or challenges (stressors), your body produces physical and mental responses. That's stress. **Stress responses** help your body adjust to new situations. Stress can be positive, keeping us alert, motivated and ready to avoid danger. For example, if you have an important test coming up, a stress response might help your body work harder and stay awake longer. But stress becomes a problem when stressors continue without relief or periods of relaxation.

What is management?

Management (or **managing**) is the administration of an organization, whether it is a business, a non-profit organization, or a government body. It is the art and science of managing resources of the business. Management includes the activities of setting the strategy of an organization and coordinating the efforts of its employees (or of volunteers) to accomplish its objectives through the application of available resources, such as financial, natural, technological, and human resources. "Run the business" and "Change the business" are two concepts that are used in management to differentiate between the continued delivery of goods or services and adapting of goods or services to meet the changing needs of customers - see trend. The term "management" may also refer to those people who manage an organization—**managers**.

What is Stress Management?

Stress management is a wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress, especially chronic stress, usually for the purpose of and for the motive of improving everyday functioning. Stress produces numerous physical and mental symptoms which vary according to each individual's situational factors. These can include a decline in physical health as well as depression. The process of stress management is named as one of the keys to a happy and successful life in modern society. Life often delivers numerous demands that can be difficult to handle, but stress management provides a number of ways to manage anxiety and maintain overall well-being.

What is meaning of Human?

Humans (*Homo sapiens*) are the most abundant and widespread species of primate, characterized by bipedalism and large, complex brains. This has enabled the development of advanced tools, culture, and language. Humans are highly social and tend to live in complex social structures composed of many cooperating and competing groups, from families and kinship networks to political states. Social interactions between humans have established a wide variety of values, social norms, and rituals, which bolster human society. Curiosity and the human desire to understand and influence the environment and to explain and manipulate phenomena have motivated humanity's development of science, philosophy, mythology, religion, and other fields of study.

What is behaviour ?

Behavior or behaviour is the range of actions and mannerisms made by individuals, organisms, systems or artificial entities in within some environment. These systems can include other systems or organisms as well as the inanimate physical environment. Wikipedia

The endocrine system and the nervous system likely influence human behavior. Complexity in the behavior of an organism may be correlated to the complexity of its nervous system. Generally, organisms with more complex nervous systems have a greater capacity to learn new responses and thus adjust their behavior.

What is development?

Child development, between birth and the end of adolescence

Development (journal), an academic journal in developmental biology

Developmental biology, the study of the process by which organisms grow and develop

Developmental psychology, the scientific study of how and why human beings change over the course of their life

Drug development, the entire process of bringing a new drug or device to the market

Embryogenesis, or development, the process by which the embryo is formed

Human development (biology), the process of growing to maturity

Neural development, the processes that generate, shape, and reshape the nervous system

History:

Humans have known about stress inside materials since ancient times. Until the 17th century, this understanding was largely intuitive and empirical, though this did not prevent the development of relatively advanced technologies like the composite bow and glass blowing.

Over several millennia, architects and builders in particular, learned how to put together carefully shaped wood beams and stone blocks to withstand, transmit, and distribute stress in the most effective manner, with ingenious devices such as the capitals, arches, cupolas, trusses and the flying buttresses of Gothic cathedrals.

Ancient and medieval architects did develop some geometrical methods and simple formulas to compute the proper sizes of pillars and beams, but the scientific understanding of stress became possible only after the necessary tools were invented in the 17th and 18th centuries: Galileo Galilei's rigorous experimental method, René Descartes's coordinates and analytic geometry, and Newton's laws of motion and equilibrium and calculus of infinitesimals. With those tools, Augustin-Louis Cauchy was able to give the first rigorous and general mathematical model for stress in a homogeneous medium. Cauchy observed that the force across an imaginary surface was a linear function of its normal vector; and, moreover, that it must be a symmetric function (with zero total momentum).

The understanding of stress in liquids started with Newton, who provided a differential formula for friction forces (shear stress) in parallel laminar flow.

What happens to the body during stress?

The body's autonomic nervous system controls your heart rate, breathing, vision changes and more. Its built-in stress response, the "fight-or-flight response," helps the body face stressful situations. When a

person has long-term (chronic) stress, continued activation of the stress response causes wear and tear on the body. Physical, emotional and behavioral symptoms develop.

Physical symptoms of stress include:

Aches and pains.
 Chest pain or a feeling like your heart is racing.
 Exhaustion or trouble sleeping.
Headaches, dizziness or shaking.
High blood pressure.
 Muscle tension or jaw clenching.
 Stomach or digestive problems.
 Trouble having sex.
 Weak immune system.

Stress can lead to emotional and mental symptoms like:

Anxiety or irritability.
Depression.
Panic attacks.
 Sadness.

Often, people with chronic stress try to manage it with unhealthy behaviors, including:

Drinking alcohol too much or too often.
 Gambling.
 Overeating or developing an eating disorder.
 Participating compulsively in sex, shopping or internet browsing.
 Smoking.
 Using drugs.

How is stress diagnosed?

Stress is subjective — not measurable with tests. Only the person experiencing it can determine whether it's present and how severe it feels. A healthcare provider may use questionnaires to understand your stress and how it affects your life. If you have chronic stress, your healthcare provider can evaluate symptoms that result from stress. For example, high blood pressure can be diagnosed and treated.

What are some strategies for stress relief?

You can't avoid stress, but you can stop it from becoming overwhelming by practicing some daily strategies:
 Exercise when you feel symptoms of stress coming on. Even a short walk can boost your mood.
 At the end of each day, take a moment to think about what you've accomplished — not what you didn't get done.
 Set goals for your day, week and month. Narrowing your view will help you feel more in control of the moment and long-term tasks.
 Consider talking to a therapist or your healthcare provider about your worries.

What are some ways to prevent stress?

Many daily strategies can help you keep stress at bay:
 Try relaxation activities, such as meditation, yoga, tai chi, breathing exercises and muscle relaxation. Programs are available online, in smartphone apps, and at many gyms and community centers.
 Take good care of your body each day. Eating right, exercising and getting enough sleep help your body handle stress much better.
 Stay positive and practice gratitude, acknowledging the good parts of your day or life.
 Accept that you can't control everything. Find ways to let go of worry about situations you cannot change.
 Learn to say "no" to additional responsibilities when you are too busy or stressed.
 Stay connected with people who keep you calm, make you happy, provide emotional support and help you with practical things. A friend, family member or neighbor can become a good listener or share responsibilities so that stress doesn't become overwhelming.

How long does stress last?

Stress can be a short-term issue or a long-term problem, depending on what changes in your life. Regularly using stress management techniques can help you avoid most physical, emotional and behavioral symptoms of stress.

When should I talk to a doctor about stress?

You should seek medical attention if you feel overwhelmed, if you are using drugs or alcohol to cope, or if you have thoughts about hurting yourself. Your primary care provider can help by offering advice, prescribing medicine or referring you to a therapist.

A note from Cleveland Clinic:

It's natural and normal to be stressed sometimes. But long-term stress can cause physical symptoms, emotional symptoms and unhealthy behaviors. Try relieving and managing stress using a few simple strategies. But if you feel overwhelmed, talk to your doctor.

Signs:

Stress can be short-term or long-term. Both can lead to a variety of symptoms, but chronic stress can take a serious toll on the body over time and have long-lasting health effects.

Some common signs of stress include:

Changes in mood
 Clammy or sweaty palms
 Decreased sex drive
 Diarrhea
 Difficulty sleeping
 Digestive problems

Dizziness
 Feeling anxious
 Frequent sickness
 Grinding teeth
 Headaches
 Low energy
 Muscle tension, especially in the neck and shoulders
 Physical aches and pains
 Racing heartbeat
 Trembling.

Identifying Stress :

Stress is not always easy to recognize, but there are some ways to identify some signs that you might be experiencing too much pressure. Sometimes stress can come from an obvious source, but sometimes even small daily stresses from work, school, family, and friends can take a toll on your mind and body.

If you think stress might be affecting you, there are a few things you can watch for:

Psychological signs such as difficulty concentrating, worrying, anxiety, and trouble remembering

Emotional signs such as being angry, irritated, moody, or frustrated

Physical signs such as high blood pressure, changes in weight, frequent colds or infections, and changes in the menstrual cycle and libido

Behavioral signs such as poor self-care, not having time for the things you enjoy, or relying on drugs and alcohol to cope

Causes:

There are many different things in life that can cause stress. Some of the main sources of stress include work, finances, relationships, parenting, and day-to-day inconveniences.

Stress can trigger the body's response to a perceived threat or danger, known as the fight-or-flight response. During this reaction, certain hormones like adrenaline and cortisol are released. This speeds the heart rate, slows digestion, shunts blood flow to major muscle groups, and changes various other autonomic nervous functions, giving the body a burst of energy and strength.

Originally named for its ability to enable us to physically fight or run away when faced with danger, the fight-or-flight response is now activated in situations where neither response is appropriate—like in traffic or during a stressful day at work.

When the perceived threat is gone, systems are designed to return to normal function via the relaxation response. But in cases of chronic stress, the relaxation response doesn't occur often enough, and being in a near-constant state of fight-or-flight can cause damage to the body.

Stress can also lead to some unhealthy habits that have a negative impact on your health. For example, many people cope with stress by eating too much or by smoking. These unhealthy habits damage the body and create bigger problems in the long-term.

Stress is normal and, to some extent, a necessary part of life. Despite it being something everyone experiences, what causes stress can differ from person to person.

For instance, one person may become angry and overwhelmed by a serious traffic jam, while another might turn up their music and consider it a mild inconvenience. A fight with a friend might follow one person around for the rest of the day, while another might easily shrug it off. What's causing you stress may already be something you're abundantly aware of. But given the importance of keeping stress in check when it comes to mitigating the effects it can have on your physical and mental health, it's worth opening yourself up to the possibility that other factors may be at play, too. Craft your stress-reduction plan with all of them in mind.

Financial Problems:

According to the American Psychological Association (APA), money is the top cause of stress in the United States. In a 2015 survey, the APA reported that 72% of Americans stressed about money at least some of the time during the previous month.¹ The majority of the study participants reported money being a significant source of stress, with 77% feeling considerable anxiety about finances.

Signs of financial stress may include:

Arguing with loved ones about money
 Being afraid to open mail or answer the phone
 Feeling guilty about spending money on non-essentials
 Worrying and feeling anxious about money

In the long-term, stress related to finances results in distress, which may bring up blood pressure and cause headaches, upset stomach, chest pain, insomnia, and a general feeling of sickness. Financial stress has also been linked to a number of health problems, including depression, anxiety, skin problems, diabetes, and arthritis.

Work:

According to the Centers for Disease Control and Prevention (CDC), Americans now spend 8% more time at work compared to 20 years ago, and about 13% of people work a second job. At least 40% report their jobs are stressful, and 26% report they often feel burned out by their work.

Whether you are worried about a specific project or feeling unfairly treated, putting your job ahead of everything else can affect many aspects of your life, including personal relationships and mental and physical health.

Factors outside of the job itself also have a role in work stress, including a person's psychological make-up, general health, personal life, and the amount of emotional support they have outside of work.

The signs of work-related stress can be physical and psychological, including:

Anxiety
Depression
Difficulty concentrating or making decisions
Fatigue
Headache
Heart palpitations
Mood swings
Muscle tension and pain
Stomach problems

Some people may feel overwhelmed and struggle to cope, which can impact their behavior as well. Job stress may prompt people to have:

Diminished creativity and initiative
Disinterest
Drops in work performance
Increased sick days
Isolation
Lower levels of patience and increased levels of frustration
Problems with personal relationships

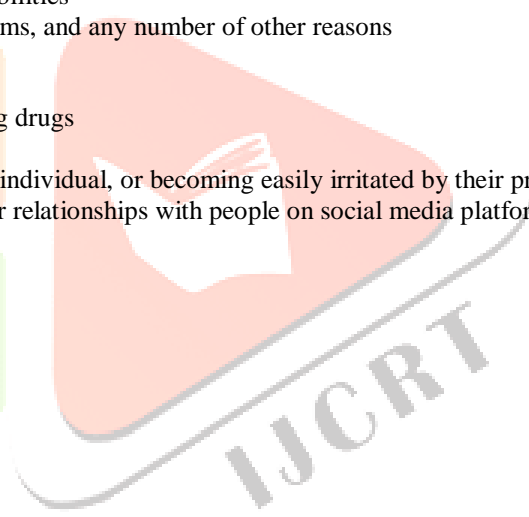
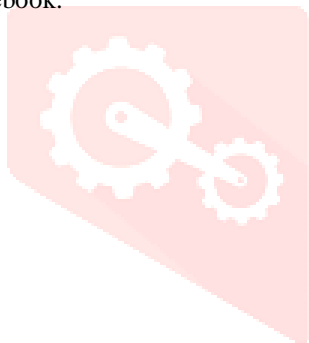
Personal Relationships:

There are people in all of our lives that cause us stress. It could be a family member, an intimate partner, friend, or co-worker. Toxic people lurk in all parts of our lives and the stress we experience from these relationships can affect physical and mental health.

There are numerous causes of stress in romantic relationships and when couples are constantly under pressure, the relationship could be on the risk of failure.

Common relationship stressors include:

Being too busy to spend time with each other and share responsibilities
Intimacy and sex are become rare due to bussyness, health problems, and any number of other reasons
There is abuse or control in the relationship
You and your partner are not communicating
You and/or partner are consuming too much alcohol and/or using drugs
You or your partner are thinking about divorce
You may also find yourself avoiding or having conflict with the individual, or becoming easily irritated by their presence.
Sometimes, personal relationship stress can also be related to our relationships with people on social media platforms, such as Facebook.



For example, social media tends to naturally encourage comparing yourself to others, which can lead to the stress of feeling inadequate. It also makes bullying easier.

Parenting:

Parents are often faced with managing busy schedules that include a job, household duties, and raising children. These demands result in parenting stress.

High levels of parenting stress can cause a parent to be harsh, negative, and authoritarian in their interactions with their children. Parenting stress can also decrease the quality of parent-child relationships. For example, you may not have open communication so your child doesn't come to you for advice or you and your child may argue often.

Sources of parenting stress may include being lower-income, working long hours, single parenting, marital or relationship tensions, or raising a child who has been diagnosed with a behavioral disorder or developmental disability.

Daily Life and Busyness:

Day-to-day stressors are our daily inconveniences. They include things like misplacing keys, running late, and forgetting to bring an important item with you when leaving the house. Usually, these are just minor setbacks, but if they become frequent, they become a source of anxiety affecting physical and/or psychological health.

The stress of being too busy is getting more and more common. These days, people are busier than ever and that adds a lot of stress to their lives.

In some cases, busyness is due to necessity, such as having to work a second job. Other times, it is due to guilt and not wanting to disappoint others. People may not say "no" and end up having little time for themselves, or they overlook their own basic needs, such as eating right and exercising due to lack of time.

Personality and Resources:

Your personality traits and the resources you have available to you tie into all of the above and can be independent sources of stress as well.

Extroverts, for example, tend to experience less stress in daily life and have greater social resources, which buffer against stress. Perfectionists, on the other hand, may bring stress onto themselves unnecessarily because of their exacting standards, experiencing more negative mental and physical health consequences than those who merely focus on high achievement.

Those who are "type A" can stress everyone around them, including themselves. Those with enough money to hire help can delegate stressful tasks, so this resource can provide an edge over those who struggle to make ends meet and must work harder to save cash.

Types of Stress:

Not all types of stress are harmful or even negative. **Some of the different types of stress that you might experience include:**
Acute stress: Acute stress is a very short-term type of stress that can either be positive or more distressing; this is the type of stress we most often encounter in day-to-day life.

Chronic stress: Chronic stress is stress that seems never-ending and inescapable, like the stress of a bad marriage or an extremely taxing job; chronic stress can also stem from traumatic experiences and childhood trauma.

Episodic acute stress: Episodic acute stress is acute stress that seems to run rampant and be a way of life, creating a life of ongoing distress.

Eustress: Eustress is fun and exciting. It's known as a positive type of stress that can keep you energized. It's associated with surges of adrenaline, such as when you are skiing or racing to meet a deadline.

Impact of Stress:

The connection between your mind and body is apparent when you examine the impact stress has on your life. Feeling stressed out over a relationship, money, or your living situation can create physical health issues. The inverse is also true. Health problems, whether you're dealing with high blood pressure or you have diabetes, will also affect your stress level and your mental health. When your brain experiences high degrees of stress, your body reacts accordingly.

Serious acute stress, like being involved in a natural disaster or getting into a verbal altercation, can trigger heart attacks, arrhythmias, and even sudden death. However, this happens mostly in individuals who already have heart disease.

Stress also takes an emotional toll. While some stress may produce feelings of mild anxiety or frustration, prolonged stress can also lead to burnout, anxiety disorders, and depression.

Chronic stress can have a serious impact on your health as well. If you experience chronic stress, your autonomic nervous system will be overactive, which is likely to damage your body.

Stress-Influenced Conditions:

Diabetes

Hair loss

Heart disease

Hyperthyroidism

Obesity

Sexual dysfunction

Tooth and gum disease

Ulcers

Treatment:

Stress is not a distinct medical diagnosis and there is no single, specific treatment for it. Treatment for stress focuses on changing the situation, developing stress coping skills, implementing relaxation techniques, and treating symptoms or conditions that may have been caused by chronic stress.

Some interventions that may be helpful include therapy, medication, and complementary and alternative medicine (CAM).

Psychotherapy:

Some forms of therapy that may be particularly helpful in addressing symptoms of stress including cognitive behavioral therapy (CBT) and mindfulness-based stress reduction (MBSR). CBT focuses on helping people identify and change negative thinking patterns, while MBSR utilizes meditation and mindfulness to help reduce stress levels.

Medication:

Medication may sometimes be prescribed to address some specific symptoms that are related to stress. Such medications may include sleep aids, antacids, antidepressants, and anti-anxiety medications.

Complementary and Alternative Medicine:

Some complementary approaches that may also be helpful for reducing stress include acupuncture, aromatherapy, massage, yoga, and meditation.

Coping:

Although stress is inevitable, it can be manageable. When you understand the toll it takes on you and the steps to combat stress, you can take charge of your health and reduce the impact stress has on your life.

Learn to recognize the signs of burnout. High levels of stress may place you at a high risk of burnout. Burnout can leave you feeling exhausted and apathetic about your job. When you start to feel symptoms of emotional exhaustion, it's a sign that you need to find a way to get a handle on your stress.

Try to get regular exercise. Physical activity has a big impact on your brain and your body. Whether you enjoy Tai Chi or you want to begin jogging, exercise reduces stress and improves many symptoms associated with mental illness.

Take care of yourself. Incorporating regular self-care activities into your daily life is essential to stress management. Learn how to take care of your mind, body, and spirit and discover how to equip yourself to live your best life.

Practice mindfulness in your life. Mindfulness isn't just something you practice for 10 minutes each day. It can also be a way of life. Discover how to live more mindfully throughout your day so you can become more awake and conscious throughout your life.

Barriers:

Several themes emerged surrounding EA practitioners' roles for dealing with job stress, and what was within versus beyond their **scope of influence**.

1. Lack of interest and commitment from the client company,
2. Lack of access to senior managers,
3. Perceptions about contract vulnerability,
4. Territorial tension between departments.

Conclusion:

Stress can have consequences far beyond temporary feelings of pressure. While you can't avoid stress, you can learn to manage it and develop skills to cope with the events or situations you find stressful. By learning to cope with stress, and by recognizing the symptoms of depression and the warning signs of suicide, you'll be better prepared to help not only yourself, but also friends, fellow students, and the Soldiers you will someday lead.

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