

STRESS MANAGEMENT

STRESS IS THE NON-SPECIFIC RESPONSE OF THE BODY TO ANY DEMAND MADE ON IT. STRESS IS THE STATE YOU ARE IN AND THE AGENT THAT PRODUCES IT IS CALLED A **STRESSOR**.

TO UNDERSTAND STRESS, ONE HAS TO KNOW THE MEANING OF NON-SPECIFIC RESPONSE AS WELL AS THE VARIOUS DEMANDS MADE ON THE BODY.

ANIMALS AND HUMAN BEINGS HAVE TO FACE DIVERSE SITUATIONS IN THEIR LIFE FOR SURVIVAL.

EG: 1. A LION HAS TO HUNT OTHER ANIMALS FOR ITS FOOD, FACE THREAT FROM ITS OWN SPECIES AND ALSO FROM THE MAN WHO MAY SHOOT IT.

2. A BOSS FACES A STRIKE IN HIS FACTORY OR IS THREATENED BY HIS WORKERS AND DENIED FOOD OR WATER.

3. A POLICEMAN HAS TO CONTROL A MOB.

4. AN INDIVIDUAL IS EXPOSED TO EXTREME COLD OR HEAT.

5. A CRICKETER FACES VERY ACCURATE AND DEADLY BOWLING.

THESE ARE A FEW EXAMPLES OF DIFFERENT BUT SPECIFIC DEMAND MADE ON THE BODY.

THOUGH THE DEMANDS ARE DIFFERENT, THE BODY RESPONDS IN THE SAME MANNER TO ALL OF THEM. THEREFORE, ANY INCREASE IN DEMAND, IRRESPECTIVE OF ITS NATURE, PRODUCES IDENTICAL BIOCHEMICAL CHANGES IN THE HUMAN BODY.

COMMON STRESSORS ARE:

1. INFECTIONS
2. EXPOSURE TO HEAT OR COLD
3. INJURIES OR OPERATIONS
4. PHYSICAL THREAT TO AN ANIMAL OR A MAN RESULTING IN A FIGHT OR FLIGHT RESPONSE
5. EMOTIONS
6. CHANGES IN THE ENVIRONMENT AND A CONSEQUENT LACK OF ADAPTABILITY

SOME OF THE SYMPTOMS OF STRESS:

1. LACK OF CONCENTRATION
2. TEMPORARY MEMORY LOSS
3. DEPRESSION
4. DECREASE IN PRODUCTIVITY AT WORK
5. LOSS OF CLEAR THINKING
6. ABSENTEEISM AT WORK
7. TREMBLING OF HANDS
8. INCREASED STOMACH ACIDITY WITH REGURGITATION
9. CLUMSINESS AND INCREASE IN WORK ERRORS
10. LOSS OF SLEEP
11. NEGATIVE THINKING AND MANY MORE

SOME COMPLICATIONS OF STRESS:

1. DIABETES TYPE 2
2. HIGH BLOOD PRESSURE
3. ASTHMA
4. BACKACHE, SPONDYLITIS, ARTHRITIS
5. HEADACHES, MIGRAINES
6. NERVOUS BREAKDOWN
7. HEART DISEASE/ ATTACKS AND STROKE
8. PEPTIC / GASTRIC ULCER AND MANY MORE

KEEPING STRESS TO MINIMUM:

1. MORE THE POSSESSIONS MORE ARE OUR MISERIES. KEEP DESIRES AND WANTS UNDER CONTROL. E.g. IF WE CAN MANAGE WITH ONE CAR, WE DON'T NEED A SECOND.
2. COMPARE YOUR PROGRESS WITH YOUR OWN PAST PERFORMANCE INSTEAD OF THOSE OF YOUR FELLOW COLLEAGUES AND THUS BECOME STRESS-FREE.
3. STOP THINKING WHAT MATERIAL THINGS OTHERS HAVE AND YOU DON'T, INSTEAD, THANK GOD FOR ALL THAT HE HAS BESTOWED UPON YOU SO FAR.
4. CUT DOWN ON YOUR EGO AND UNNECESSARY SPENDING AND THEREBY BE STRESS-FREE.

5. IF A FAMILY HAS TO BE STRESS-FREE. BOTH WIFE AND HUSBAND NEED SOME SACRIFICES FROM EACH OTHER; THEY SHOULD GIVE BREATHING SPACE FOR ONE ANOTHER AS WELL AS WORK TOGETHER IN THE INTEREST OF THE FAMILY.
6. HAVE GOALS IN LIFE; ENTERTAIN POSITIVE THOUGHTS AND ASSOCIATE WITH POSITIVE-THINKING-PEOPLE.
7. PLEASURES OF LIFE CAN BE DIVIDED INTO WISE PLEASURES AND UNWISE ONES. WISE PLEASURES MAKE YOU STRESS-FREE AND GIVE YOU JOY. UNWISE PLEASURES SOW THE SEEDS FOR STRESS.
8. SOME EXAMPLES OF WISE PLEASURES:
 - a) PLAYING WITH YOUR CHILDREN.
 - b) VISITING YOUR NEAR AND DEAR ONES, ONCE IN A WHILE.
 - c) MORNING WALK IN FRESH AIR WITH YOUR SPOUSE/KIDS/FRIEND.
 - d) SPENDING TIME WITH NATURE.
 - e) SPENDING A HOLIDAY WITH FAMILY.
 - f) PURSUING HOBBIES.
 - g) ASSOCIATING WITH THOSE WHO HAVE SIMPLE LIVING AND HIGH THINKING.
9. UNWISE PLEASURES COME AT A PRICE AND LATER ON BRING IN UNWANTED MISERIES WITH THEM.
10. SOME EXAMPLES OF UNWISE PLEASURES:
 - a) ADDICTION OF ANY KIND WHETHER DRUGS, SMOKING, ALCOHOL.
 - b) SPENDING MORE THAN YOU EARN PARTICULARLY WITH BORROWED FUNDS.
 - c) HAVING PRE-MARITAL PHYSICAL RELATIONS WITHOUT PROTECTION AND THEN LANDING WITH PREGNANCY OR AIDS.
 - d) A BOY LIVING ON HIS PARENTS HARD-EARNED MONEY BEFORE HE COULD EARN A LIVING.
11. IT IS OUR NATURE TO GET ATTRACTED TO UNWISE PLEASURES WHICH CAUSE US STRESS AND STRAIN. E.g. I BUY AN EXPENSIVE MOBILE FOR RS.25000. I WILL HAVE THE PLEASURE OF AFFLUENCE. HOWEVER IF I LOSE IT IN THE TRAIN, I BECOME WORRIED AND WITH THE PHONE I LOSE MY PEACE OF MIND AND HEALTH. THIS THEN BECOMES AN UNWISE PLEASURE. SAME WOULD HAPPEN IF ONE LOSES HIS OR HER EXPENSIVE MOTOR CAR.
12. YOU CAN DEFINE A PLEASURE AS WISE OR UNWISE ONE, DEPENDING ON HOW YOU SEE IT IN YOUR MIND AND ACCORDINGLY INCREASE OR DECREASE YOUR STRESS. AN UNWISE PLEASURE BECOMES WISE WHEN

ONE WHO INDULGES IN SUCH A PLEASURE CAN CONVENIENTLY AFFORD IT – MONEY AND TIME-WISE.

13. SOME PEOPLE CAN PERFORM WELL ONLY IN STRESSFUL CONDITIONS WHILE OTHERS NEED TO CUT DOWN THEIR WORK LOAD TO A SIZE THEY CAN MANAGE WITHOUT STRESS. WHEN WE DELEGATE OR OUTSOURCE SOME OF OUR WORK WE CAN REDUCE OUR STRESS TO MANAGEABLE LEVELS.
14. LEARN TO ANALYSE AND UNDERSTAND A SITUATION WELL BEFORE REACTING WITH NEGATIVE EMOTIONS (FEAR, ANXIETY, JEALOUSY OR ENVY).
15. PARDON SMALL MISTAKES AND GIVE THE OTHER PERSON CHANCE TO REFORM. AVOID THRIVING ON HATRED. GIVE OTHERS THE BENEFIT OF DOUBT.
16. IF YOUR WORK HAS DRAINED YOU OUT, TAKE A FEW DAYS OFF AND RELAX. YOU WILL SEE THE WORLD IN A NEW PERSPECTIVE.
17. EXPLORE YOUR SPIRITUAL SELF. MEDITATE, CHANT MANTRAS AND BE STRESS-FREE.
18. SLOW DOWN AND PROCEED STEADILY. LOOK AT THE LIFE AROUND YOU AND BE STRESS-FREE.
19. **DON'T SAY 'YES' IF YOU WANT TO SAY 'NO'.**
20. DISSIPATE YOUR STRESS BY SPEAKING YOUR HEART OUT TO SOMEONE WHOM YOU CAN TRUST / WHO LISTENS. WRITE DOWN YOUR WORRIES AND BE STRESS-FREE.
21. EAT HEALTHY AND LIVE LONGER, THIS WAY YOU CAN FIGHT STRESS BETTER AS WELL AS AVOID HEALTH-RELATED STRESSES.
22. **CO-OPERATION DECREASES STRESS WHILE COMPETITION INCREASES IT.** CO-OPERATION IN THE FAMILY, NEIGHBOURS, AND COMMUNITY REINFORCES OUR TIES AND WELL-BEING.

SOMEONE HAS RIGHTLY SAID,

***ALTHOUGH LIFE HAS BECOME A 'RAT RACE' FOR A FEW OF US,
AT THE END WE STILL REMAIN 'RATS'.***

(ALWAYS RUNNING HERE AND THERE WITHOUT THE TIME TO LOOK AROUND)

LET'S MANAGE OUR STRESS AND START LIVING

DR.VIVEKANAND J. PADIYAR, ALUMNUS GDC & H 1987-91(BOM), MEMBER OF IDA SINCE 20 YEARS. ONE OF THE TOP SCORERS IN THE SUBJECT OF GENERAL ANATOMY IN UNIVERSITY OF MUMBAI IN THE YEAR 1988. IN PRIVATE DENTAL PRACTICE SINCE JULY 1991 WITH INTEREST IN PREVENTIVE AND CONSERVATIVE DENTISTRY.SPECIAL INTEREST IN STRESS MANAGEMENT STUDIES.

THANKS TO: MRS. RUPALI V. PADIYAR FOR TYPING AND DR.AJIT KOTNIS, DR.DURGESH AROOR, DR. SHAILENDRA PATHAK AND OUR BELOVED OFFICE BEARERS. THIS ARTICLE HAS BEEN SPECIALLY CREATED FOR THE WELL BEING OF IDA MWSB MEMBERS.

