

Sem - III

Roll
No.

NAME OF STUDENTS

SEC Project on Effect of Stress

SH 22 -127	Sounili Das
SH 22-137	Aishi Mondal
SH 22 109	Piya Manna
SH -22 68	Tiyasha Ratta
SH-22 126	Deepti Chakraborty
SH-22 77	Farheen Fatma
SH-22 19	Sohini Bagchi
SH-22 163	Sattiki Paul
SH 22 65	Trayeta Bhattacharyya
SH 22 123	Nabavita Sarkar
SH 22 145	Joyeta Malick
SH-22 153	Sneha Basu Mallik
SH-22 102	Suchana Das
SH-22 61	Aditi Sirc
SH-22 158	Nandana Bose
SH-22 -67	Shreshtha Karmakar
SH-22 -97	(Sayeda) Iryana Jasmin
SH-22 10	Shamita Laha
SH-22 19	Bidisha Saha
SH-22 107	Sahasri Laha
SH-22 160	Hritika Sarkar
SH-22 168	Sristi Chatterjee
SH-22 170	Anushuya Sarkar
SH-22 134	Sudeshna Saha
SH-22 169	Koushiki Das

HIRALAL MAZUMDAR MEMORIAL
COLLEGE FOR WOMEN

NAME : Soumili Das

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Topic

STRESS

MANAGEMENT

FROM STRESSED TO BLESSED

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Introduction :-

Stress is a psychological and physiological response to a perceived threat or pressure, triggering the body's 'fight or flight' mechanisms, leading to various physical and emotional reactions. 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.

Stress is a fact of life, wherever we are and whatever we are doing, we cannot avoid stress, but we can surely learn to manage stress, so it does not manage us. Stress is a dynamic and crucial and multifaceted phenomenon involving cognitive, emotional, physiological and behavioural elements. The perception of a threat or challenge activates the body's stress response system, involving the release of stress hormones like cortisol and adrenaline.

Nature Of Stress :-

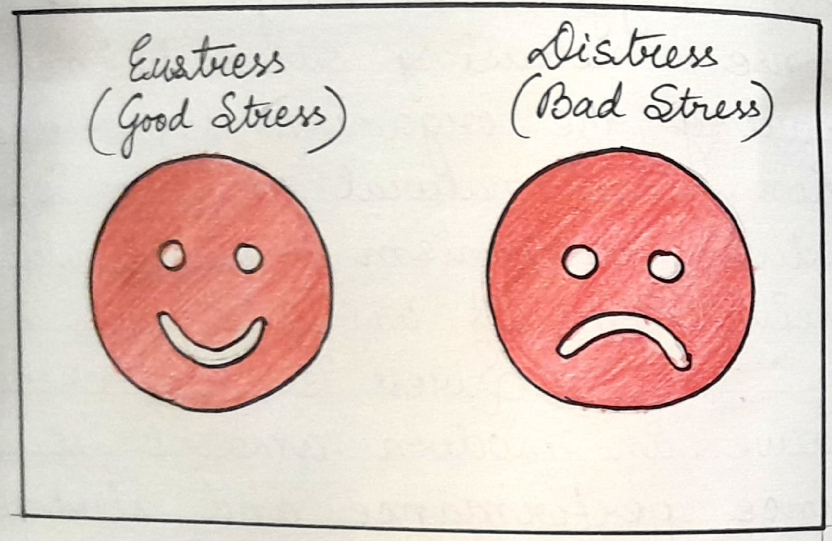
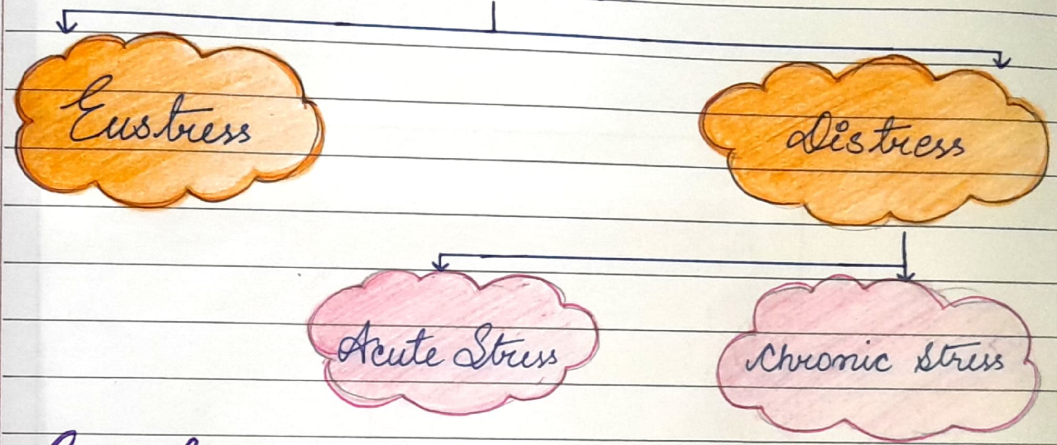
The nature of stress is multifaceted, encompassing both physiological and psychological dimensions. Psychologically, stress triggers the body's 'fight or flight' response, releasing stress hormones and preparing the organism for immediate action. This natural response is an adaptive mechanism designed to deal with perceived threats or challenges.

Stress is not inherently negative, in modern amounts it can enhance performance and alertness. However chronic or excessive stress can lead to various stress of health issues, both physical and mental. Understanding the nature of stress involves exploring its adaptive functions, individuals differences in responses and effective strategies for managing and mitigating its negative impacts.



Types Of Stress :-

TYPES OF STRESS



Eustress :- Eustress, or positive stress can be explained psychologically as a form of stress that is perceived as beneficial or manageable by an individual. It arises from situations that are challenging but within one's capacity to cope, leading to a sense of accomplishment and personal growth. Eustress can enhance motivation, focus and performance, contributing to overall psychological well-being. It highlights the importance of a person's perception and interpretation

of stressors in influencing their psychological response.

Distress :- Distress or negative stress, can be explained psychologically as a response to situations that exceed an individual's ability to cope effectively. It often involves feelings of overwhelm, anxiety, and a sense of being unable to control or manage the stressors.

Distress can have detrimental effects on mental and physical health, impacting mood, sleep and overall functioning. Understanding distress and addressing its sources, as well as developing coping mechanisms, are crucial aspects of managing and mitigating its psychological impact.

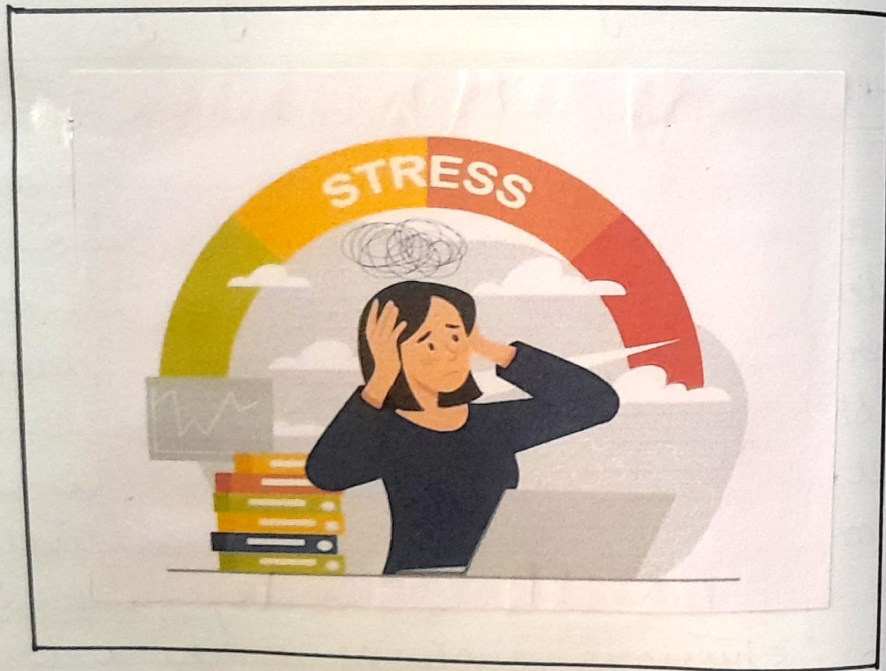
ACUTE STRESS :- Acute stress is a short-term reaction to a specific stressor, activating the body's "fight or flight" response. It is a natural and temporary response, but if persistent

it can lead to health issues. Common symptoms include increased heart rate, rapid breathing, and heightened alertness. Managing acute stress involves relaxation techniques and addressing the underlying stressor.

- CHRONIC STRESS :- Chronic stress refers to a prolonged and ongoing response to emotional pressure and demands, persisting over an extended period. Unlike acute stress, which is short-term, chronic stress can have detrimental effects on physical and mental health if not effectively managed. It often results from repeated exposure to stressors such as work pressure, financial difficulties, or ongoing personal challenges.

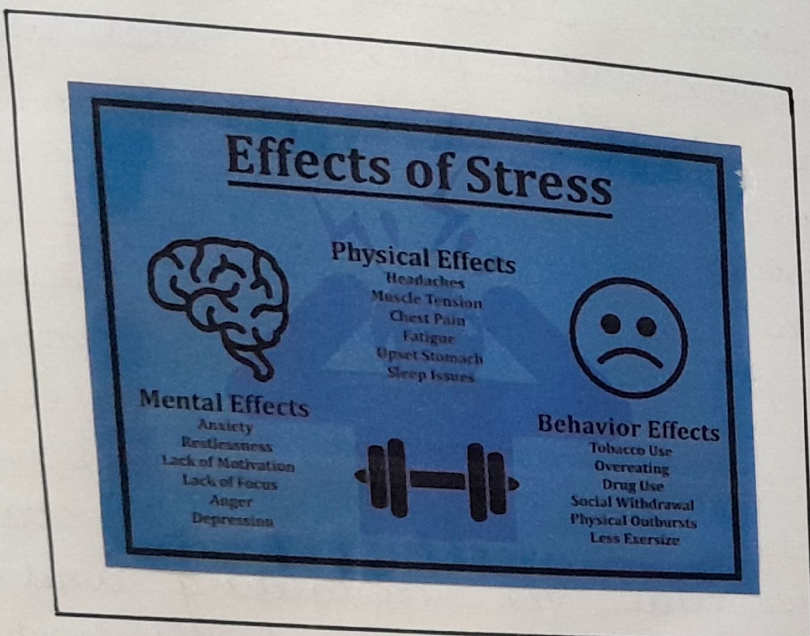
Causes Of Stress

Stress in psychology can be triggered by various factors, both external and internal. External stressors encompass environmental pressure, such as work demands, financial difficulties, or social expectations. Internal stressors involve personal thoughts, feelings and attitudes, like perfectionism or pessimism. The interplay of these elements can activate the body's stress response, affecting mental and physical well-being. Coping mechanisms and resilience strategies are vital for navigating and mitigating stress in a psychological context. Life events such as marriage, changing jobs, divorce, or the death of a relative or friend are the most common causes of stress.

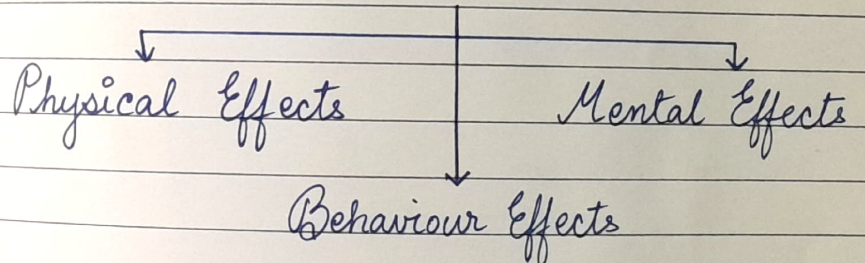


Effect Of Stress

Stress can impact both mental and physical health. It may lead to anxiety, depression, sleep disturbances, and difficulty concentrating. Physically, it can contribute to headaches.



EFFECTS OF STRESS



Physical Effect :- Stress can manifest physically, causing headaches, muscle tension, fatigue, digestive issues, and increased blood pressure. Prolonged stress may contribute to more serious conditions like cardiovascular problems and a weakened immune system. Regular exercise, adequate sleep, techniques can help mitigate these physical effects.

Mental Effects :- Stress can significantly impact mental health, leading to symptoms such as anxiety, irritability, mood swings, and difficulty concentrating. Chronic stress may contribute to the development or exacerbation of mental health disorders like depression. Practicing mindfulness, seeking support, and engaging in stress reducing activities are important for maintaining mental well-being.

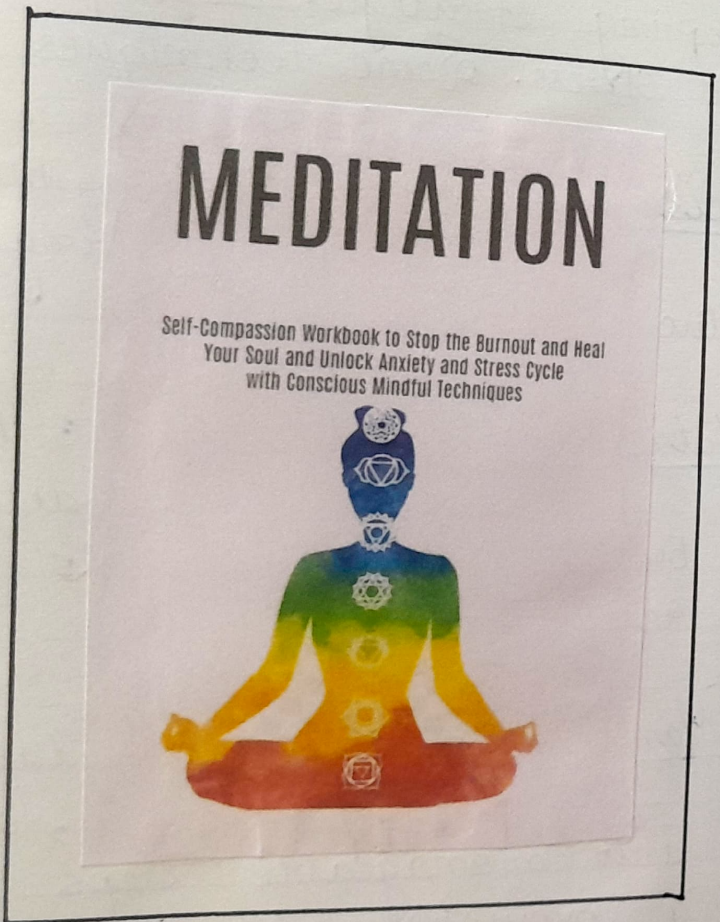
Behaviour Effect :- Stress can impact behaviour in various ways, such as changes in sleep patterns, irritability, difficulty concentrating, increased or decreased appetite and changes in social interactions. Additionally individuals under stress may experiences heightened anxiety and mood swings.

Management Of stress

Effective stress management involves adopting strategies to cope with and reduce stress. Some techniques includes:-

- Exercise: Physical activity help release endorphins, improving mood and reducing stress.
- Mindfulness and Meditation: Practices like meditation and deep breathing can promote relaxation and reduce stress levels.
- Time Management: Prioritize tasks, set realistic goals, and break them into manageable steps to avoid feeling overwhelmed.
- Healthy Lifestyle: Maintain a balanced diet, get adequate sleep, and limit caffeine and alcohol intake to support overall well-being.





- Social Support: Share your feelings with friends and family, fostering a support system that can provide emotional assistance.
- Hobbies and Relaxation: Engage in activities you enjoy, such as reading or spending time in nature, to unwind.
- Limiting Stressors: Identify and minimize source of stress where possible, whether they are work-related or personal.
- Positive Thinking: Foster a positive mindset by focusing on gratitude and challenging negative thoughts.
Combining these strategies can contribute to a more balanced and resilient approach to managing stress.

Conclusion:

Stress is a natural response to challenges, but chronic stress can have detrimental effects on both physical and mental well-being. Managing stress through healthy coping mechanisms and lifestyle choices is crucial for maintaining overall health and resilience.

~~Pranshu~~
10/11/24