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## Stress management: Need of today's life

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### Abstract

Stress occurs in mind that is confused or intelligent. If we continue to function at lower functions of the mind, stress continues. So simple measures have to be taken. They make our mind stronger. In high stressed jobs we either respond or react to situations. There are situations where some people get stressed up and others don't. It is tough but I believe that worry does not solve a problem, it only increases it more. In many situations, you need to spontaneously respond but when you are cool, you respond well. Coolness is the sign of absence of stress. Each one has their own background but worrying does not help, you have to find a solution.

**Keywords:** Stress, need of today's life, management

### Introduction

Life in western society is complex and often tension filled. Hour by hour, day by day, the body is mobilized to help us deal with the interpersonal and impersonal stressors we encounter. Isn't there some way to calm down? "Take it easy", The Yogi says – And now psychologist and physiologist are listening.

The new millennium is often referred as the "Era of Stress". Stress have increased so much so that one out of every ten persons in our society has started taking tranquilizing drugs in one form or another.

The cases of mental illness have also increased in these days as shown by the admission records of the mental Hospitals. One of the great poet named Saint Thayumanavar quoted: Impossible are the most unbelievable deeds as given below could easily be executed but to control human mind is rare and difficult for instance you can control a mad elephant, you can ride a lion and even you can play with cobra but we cannot control the mind from different thoughts.

- Stress is not only problem to a sportsman but also a problem for all citizens in the world.
- Quality of nation depends on quality of the citizens.
- Life in western society is complex and often tension filled.
- Once induced by stressors, it can result in number of physical and psychological responses such as anxiety-depression-irritability etc.,
- American industry spending billions of dollars per annum.
- Several billion-tranquilizer pills are prescribed in USA.

### Definition of Stress

Stress is a state in which the natural homeostasis (equilibrium) of the body is disrupted.

### Symptoms of Stress

#### 1. Physical symptoms

- Increase in heart rate
- Increase in sweating and a cooler skin
- Rapid breath
- Tense Muscle
- Dry mouth
- Desire to urinate

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## 2. Mental Symptoms

- Worry
- Confusion, inability to concentrate or difficult in making decisions.
- Feeling ill or odd.
- Feeling out of control or overwhelmed.

## Behavioral Symptoms

### 3. Talking rapidly

- Nervous mannerisms (nail biting, foot tapping).
- Scowling
- Yawning

### 4. The physical response to stress involves 3 systems:

- The Autonomic Nervous system.
- The Endocrine system.
- The Muscular - skeletal system.

### Tips to overcome the stress

- Pep – Talk
- Counseling
- Stress modeling
- Autogenic training
- Yogic practices
- Transcendental meditation
- Relaxation Techniques

- Bio-feedback
- Chemotherapy (Short term Effect)

To relieve from the stress this chemotherapy is used. Caffeine – Tranquilizers – Drugs (for e.g. Mild tranquilizer valium).

Out of all methods the following two methods are suggested to coaches oblige Physical Education Personnel to overcome stress.

### Autogenic Training

- Autogenic training is to adjust activation levels in specific way.
- First the athlete is placed comfortably in lying position.
- Suggested to concentrate on his breath.
- Asked to tighten and release his different muscle groups alternately for 3-4 times.
- Concentrate different parts of body.
- Coach should observe the limb is becoming warmth.

### Effects

- It can bring muscular and psychological relaxation of the athlete.
- It will bring the tension of the athlete to the optimum level prior to competition.

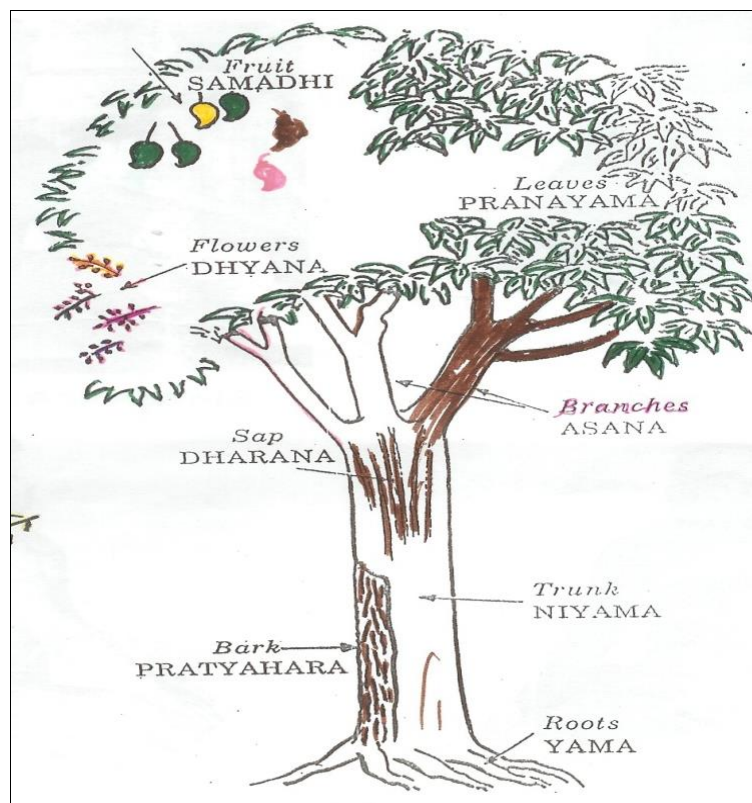


Fig 1: Meditation is one of the method to get rid of Stress

## Meditation

Meditation is the natural development in Yogic training of concentration is also given as the “Seventh limb of Yoga”. According to dictionary it means to gather at one point, to come together or to devote all the attention.

### Pathanjali – The Father of Yoga

- Importance of breathing – Epics
- Valmiki – Initiator of Meditation

## Method of meditation

The following will be helpful in the cultivation of concentration.

- Sit comfortable in darkened room with a lighted candle before you on the chair.
- Keep your eyes open, gaze at the flame until tears come.
- Close your eyes and try to produce a clear image of the flame in you mind.
- Make a conscious effort to revitalize and keep it alive.
- Try to retain the image of flame.

- You can start a target of 30 seconds and aiming at 5 minutes.

- Breathing rate goes down
- Muscle tension is reduced
- Decreased stress level etc.

**Benefits**

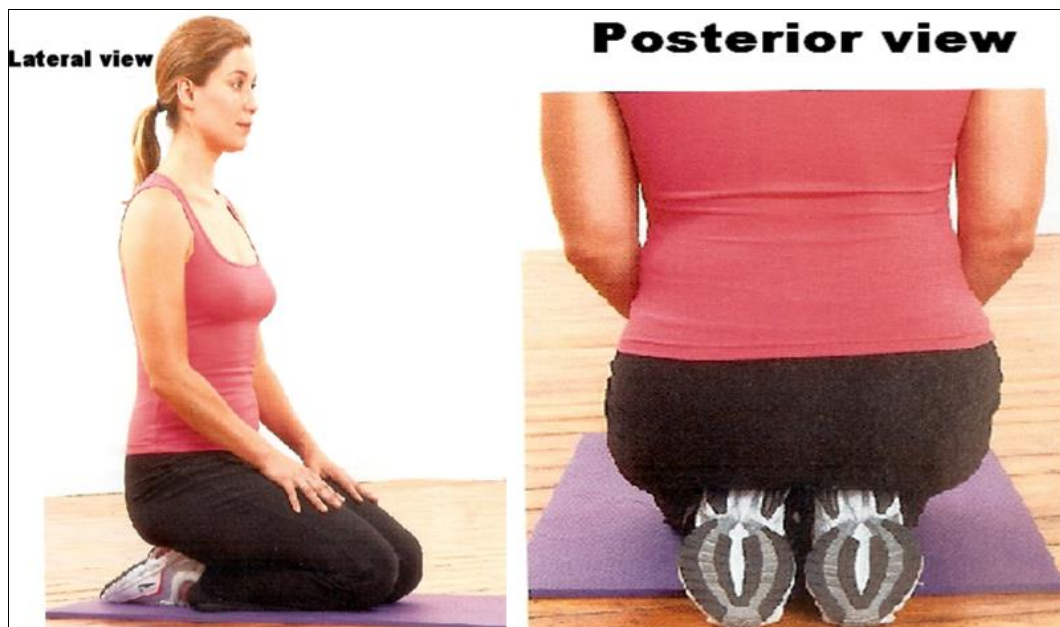
- To Calm the nerves
- Heart rate slows down

The following Asanas and sitting postures are preferable while practicing Meditation.

**Sukhasana**



**Vajrasana**



## Savasana



### Conclusion

The Psychological training has to be provided by the coaches along with the physical training; Scientific coaching best nutritive food, sophisticated and modern equipment and psychological training, it is imperative that players are to be trained how to face stressful situations occurring during the competition for better performance, standardized techniques of simple pranayamas which has a sedative effect on the nerves and brings mental equilibrium.

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