

Management of Stress & Frustration-Causes & Remedies

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Abstract

Everyday stress, depression, changes in sleep, eating disorders, etc. all impact your emotional and physical health. Everyone has an exquisite nervous system that responds uniquely to internal and external environmental factors. These responses are expressed in feelings and behavior.

This is a wonderful process that makes us able to feel joy and happiness, as well as pain and sadness. It is part of the human experience. When feelings of fear, anxiety and sadness overwhelm our perception, we suffer a variety of symptoms. Just as with a physical ailment – we need to seek help to make it better.

Key Words:

Emotional intelligence, Stress And Happiness, Health professions, Emotions, Anxiety and Mood, Perceived stress, Satisfaction with life, Physical Fitness And Yoga, Meditation Techniques

Stress

Stress is the state of mind in which, a person cannot utilize his energy in proper way. To utilize proper way, it needs sense of calm, rest and time for the solution also. Dohrenwend and Dohrenwend (1978) defined life stress in term of characteristics of stressful even and the individual's recent traumatic events and the meaning may attach to such events.

Stress is a general term to describe tense situations and reaction to them usually having a strong emotional content. Stress is a bad feeling due to troubles beyond our control. (Mohan et al 1998).

The stress response of the body is meant to protect and support to us. To maintain stability or home statics, the body is constantly adjusting to its surroundings. The magnitude to stress response depends not only upon to stress or and the individual but also depends on the strategies, the individual adopts to cope with the stress. (Me Even, 1994).

"Stress is directly related to the burnout, exhaustion, anxiety and feeling of fatigue (Rana P.S. 1998).

Stress is many faced process that occurs in us response to event that disrupts or threatens to disrupt of physical or psychological functioning. (baron, 2003)

Frustration

The negative approach creates the despair, fear, trembling, lack of confidence etc. When the person unable to make his adjustment with the situation he find tension, which creates frustration in his behaviour.

"Frustration, the term refers the state of a person which shows his despair, negative feeling, unwillingness and pessimism etc."

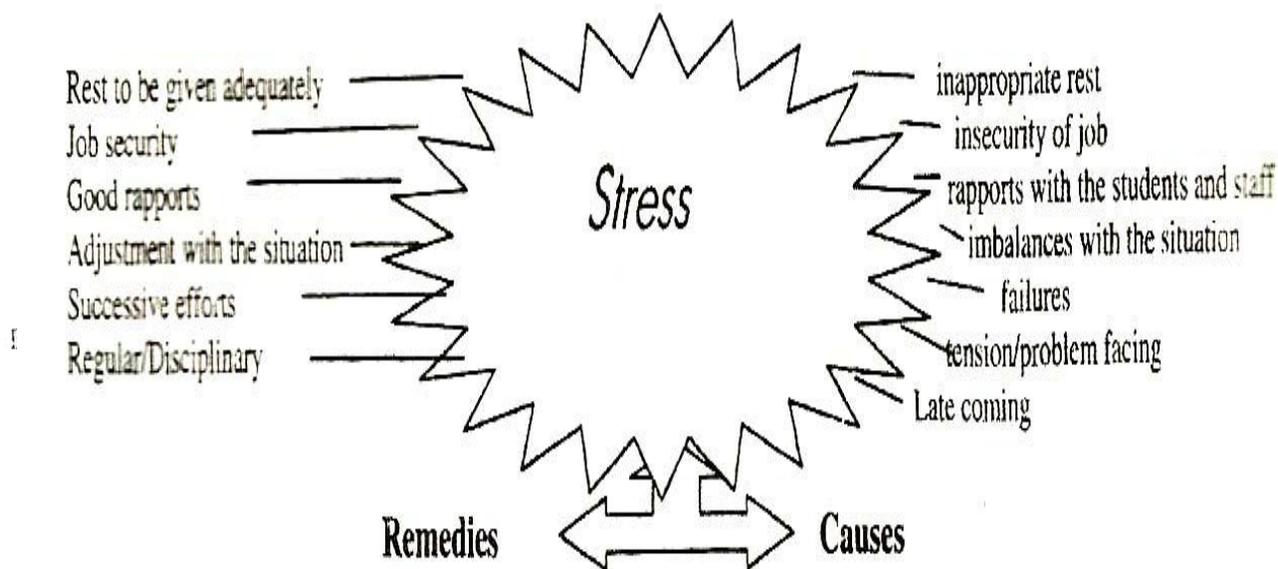
The good teachers are those, who make balance among his traits like morale, burnout, frustration, stress, exhaustion etc. Because the behaviour of a teacher is a outcome of the teacher's personality, what he perform in his behaviour.

Causes & Remedies of Morale, Stress & Frustration

Morale

There is being given the causes of morale what is impacted or impact the morale what is impacted or impact the morale of a teacher. The positive thinking of the teacher boosts him to work efficiently, while the pessimism diminishes his efficiency level.

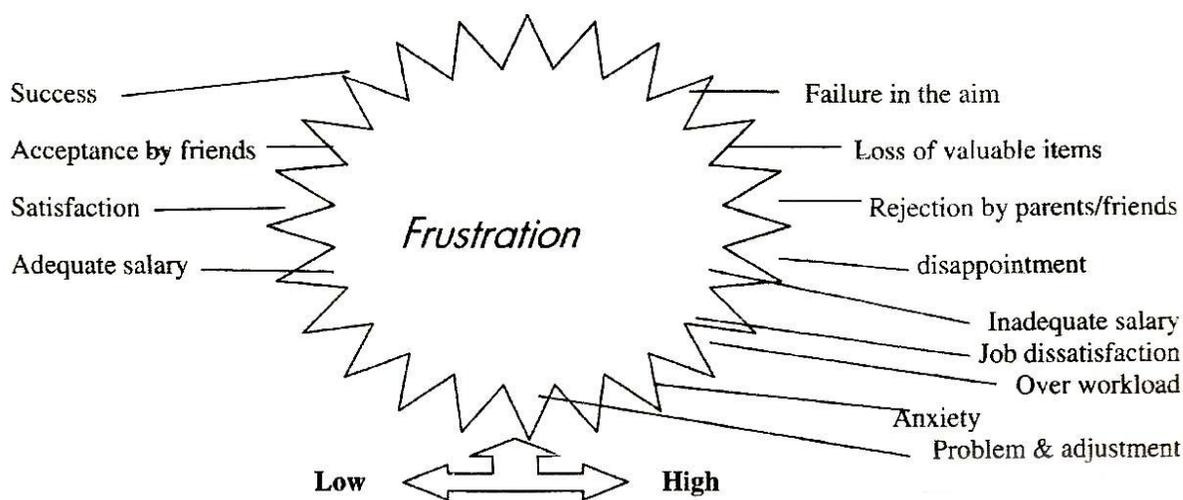
Stress



There are so many causes of stress, but someone is being here with the help of two sides of a coin:

Frustration

Frustration may take place in the teacher if he would unable to overcome on the following:



Exercise

A machine that is not used becomes rusty and soon becomes useless. The same is true about our body. Unless we exercise, the muscles become small and soft, the digestion poor and the blood loses its power to destroy the disease germs. Exercise makes the heart beat faster and, in this way, every part of the body gets a better supply is provided to the body. The mind becomes more active. It helps good memory, study diligently and learns rapidly.

To overcome arches and pains, simple stretching exercises are necessary. During the day when we are busy with our work, the normal movements take care of the aches and pains to some extent, but the pain returns and, in course of time, becomes, chronic, resulting in diseases like arthritis, rheumatism and so forth. Hence, exercise is absolutely necessary in order to keep the body and mind strong and healthy.

Yogasanas

The word 'yoga' is derived from Sanskrit root 'yuj' which means union. Literally, yoga means union of body and mind. On a large perspective, it is the spiritual union of an individual soul with the universal soul.

Improved blood circulation through whole of the body, more oxygen for each and every cell, stabilization of the nervous system or transfer of energy from the over-stressed areas of the body to the under-stimulated ones through adequate physical exercise and conscious relaxation, increased power of concentration, steadiness of mind and discipline in daily routine with moderation in diet-through all these, yoga ensures healthy body and sound mind.

Yoga insists on a disciplined way of life. Discipline makes a healthy nation; hence it is necessary for everyone from childhood to old age.

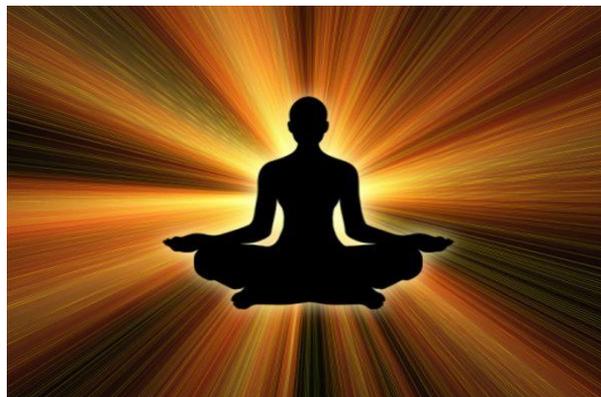
Yogasanas by are recognized as the primary requisite for development of the physical, moral, mental and spiritual aspects of human personality. In the modern tension-torn society, Yogasanas have acquired an added importance. Asanas should be practised early in the morning or else do it on empty stomach, two hours after eating.

Some of the important Yogasanas to be learnt and practised in daily life are:

1. Sukhasana

Posture-It is a meditative asana. First fully stretch out legs, then bend one leg and place the heel under the opposite thigh. Similarly, bend the other leg placing the heel under the opposite thigh and sit in a cross-legged fashion keeping the ankles crossed. Keep the body straight, spine erect and head perfectly poised, place the hands on the knees, palms downwards, relax the body tension completely, close eyes and be composed.

Benefits- This posture, popularly known as 'alathi-palathi' used in daily course, helps in establishing inner harmony with oneself.



2.Vajrasana- It is meditative asana, the only asana which can be performed after the meals also. It is a kneeling posture-the knees touch each other, the feet spread out, pressed to the ground and folded under the buttocks, the heels pointing out, the toes meeting each other, the neck the body erect and spine straight. Close eyes and observe breathing.

Limitation- Painful conditions of knees or ankle, vericosed veins and hernia.

Benefits-It is a comfortable posture and can be used in other asanas. The postural fixity and ease help during prolonged concentration.

3.Parwatasana

Steps-Sit in Vajrasana. Join both the hands, Raise arms above head. Inhaling two courts, stretch upwards and retain breath for four counts. Then exhaling two counts, return to starting position. Inhaling two courts, tilt to the right side, retain breath for four counts and then exhaling two courts, return to starting point. Repeat the same on the left side. Inhaling two counts, bend backwards and exhaling two courts, bend forward keeping hands 6 inches above from the ground. Then inhaling two counts return to starting position and immediately exhaling two counts, twist to the right side and inhaling two counts, return to starting position. Repeat the same to left side. Exhaling two counts, twist to left and inhaling two counts return to starting position.

Limitation- Arthritis of shoulder and knee.

Benefits- It helps spine hip and should stretching to overcome muscular pain and release frozen shoulder.

4. Pawanmuktasana

Steps-First inhale two counts and then exhaling two counts lift one leg 6 inches above ground and bend it to chest, interlocked with hand, suspend the breath for four counts. Then inhaling two counts leg 6 inches above the ground, return to starting position. Repeat with other leg and repeat the same with both the legs.



Limitation-Severe cardiac problems.

Benefits-It is very helpful to overcome muscular back pain.

5.Shavasana

Steps- Lie supine, feet approximately 20 inches apart and hands 8 inches away from sides, eyes closed, breathing normally, relax 10 minutes.

Limitation- Very low blood pressure.

Benefits- It is very beneficial to the patients of high blood pressure. It gives relaxation and helps overcome anxiety, stress and all disorders especially in muscular spasm and pain.

Pranayam

Pranayam is the discipline of prana (bio-energy). It is the vital force through which life is sustained. Breathing (the respiratory movement) is a great source of energy. There is a close relationship between the breathing processes and the mind. Change in the mental state cause immediate reactions in breathing. Pranayam induces the mental state by regulating breathing. In practical life, when one is angry or tense, one's breathing becomes fast or rapid. In that situation, observing the breathing take two or three deep inhalations in a gentle and slow manner and experience the calm and controlled mental, state. As mind directly affects all the functions of its organism, most of our disease has mental origin. Pranayam deals with regulations of inhalation, retention, exhalation and suspension of breath.



Tratak: Tratak, is the yogic 'kriya' for eye exercises and boosting the power of concentration. Sit in any comfortable relaxed asana like Sukhasana or Vajrasana, the body and neck erect and head steady. It has various forms.

- a) **Nasikagra tratak-** Fix the eyes on the tip of the nose. Continue to gaze for 10 counts and then close the eyes. Repeat the same once again. This process is termed as Nasikagra trataka. It means gazing on the tip of the nose.
- b) **Bhrumadhya Trataka-**Focus the eyes on the space between the eyebrows. Continue gazing for 10 counts and then close the eyes. Repeat the same once again. This process is termed as Bhrumadhya Trataka, i.e. gazing on the space between the eyebrows.
- c) **Dakshinajatra Trataka:** Fix the eyes on end of the right shoulder for 10 counts and then close the eyes. Repeat the same once again. This process is known as Dakshinajatra Trataka, i.e. gazing on end of the right collar bone.
- d) **Vamajatru Trataka-** Fix the eyes on the end of left shoulder for 10 counts and then close the eyes. Repeat the same once again. This process is known as Vamajatru Trataka, i.e. gazing on the end of the left collar bone.

After doing the four-fold tratak, do cold water bathing of the eyes which is essential to give tone and stimulation. Take water in the hollows of the palms and splash the same in the open eyes for two times. It is highly recommended as it helps circulation of the blood.

Limitations- Any eye disease, eye operation, those who have the shunty eyes should treat each eye separately.

Uses- Tratak helps in training and strengthening of those muscles which generally control the eyeballs, especially the four sets of muscles which pull the eyeballs upward, downward, to the right and to the left. It helps to secure proper fixation, lack of which leads to the defects of vision.

Vipassana

What is this life if full of care;

one has no time to breathe, I sweat

Modern life is moving at a rapid pace and every individual in a modern society is a victim of varying degrees of stresses and strains. Suffering is a universal disease, so the remedy must also be universal. Vipassana offers such a remedy. The great sage of India, Gautam Buddha rediscovered this technique through deep meditation. He attained enlightenment through this technique and was liberated from all defilements of the mind. The word Vipassana is derived from 'passia' (to look, to observe) and 'vi' means, in a special way. It means 'observing oneself in a special way'. It is a technique that purifies the mind, de-conditions, the negativities by self-observation and introspection. It directs of look at things as they are and sows the seeds of value awareness and acceptance.

Its first step is Anapana which means 'awareness and respiration'. It should be taught to school students. There is no verbalization or visualization, just observation of natural normal breath! This concentration sharpens the mind.

Posture-

Sit in any comfortable asana like Sukhasana or Vajrasana and concentrate on the air that touches the nostrils while breathing in and breathing out. Initially various thoughts try to wage war against but accept and be aware of the fact that one has to concentrate on breathing only.

Water Therapy

Water therapy offers a natural cure and it makes us healthy. By drinking sufficient quantity of water at a time renders the colon more effective in forming new fresh blood known in medical terms, as Neucosa. If the colon is clean, then the nutrients taken several times a day will be completely absorbed by the Neucosa Folds which turn them into new fresh blood which is responsible for curing our ailments. It is considered as a prime power in the improvement of our health.

Adults should drink one litre of water at one go before brushing the teeth. Do not eat anything for upto an hour. Those unable to drink so much initially can start with one glass and gradually increase it to four glasses. The first one or two glasses have no effect on the body, except for excessive urination. After a few days, everything becomes normal. Poisonous substances in the body are excreted within 24 hours, constipation is relieved and it prevents many diseases.

The students of standards V to VIII should drink one glass of water and those of standards IX to XII two glasses of water as first thing in the morning

Tips for a Healthy and Happy Life.

- ✓ 'Early to bed and early to rise makes a man healthy, wealthy and wise'. This nursery rhyme is worth acting upon as it helps to maintain a proper healthy routine and thereby ensures good health.
- ✓ Have a well balanced nutritious diet that includes all minerals, vitamins, proteins, carbohydrates, fats and water in requisite proportions.
- ✓ Never eat food while under stress, strain or worry as it hinders the digestive processes. One should avoid reading or studying while eating.
- ✓ Body postures matter a lot. One should sit or stand erect so that there is sufficient space for the air to enter the lungs, ensuring an optimum supply of air while breathing.
- ✓ The treatment of Acupressure can be implemented as first aid. It has not side effects.
- ✓ Exercise daily to make the body active.
- ✓ Yogasanas make the body elastic and steady, render pleasant postures and develop positive thinking, mental equilibrium, concentration and relaxation. Daily practice of yogasansa is very rewarding.
- ✓ Pranayams create better awareness, better concentration, better control over working of the body and mind as well as help increase energy and reduce tiredness.
- ✓ Meditation disciplines the mind and helps inculcate an attitude of acceptance.
- ✓ Incorporate water therapy as a daily ritual.
- ✓ Avoid stressful conditions as well as negativities and be optimistic.

Conclusion

The Sensation of pain in certain contexts is a protective mechanism prompting individuals to avoid or overcome circumstances that cause pain. The management of painful conditions assures good health.

If a stone is thrown at a glass window, the glass will break as glass is brittle. But, if a stone is thrown at a wall plastered with cement, it will certainly not break because the wall is strong. This analogy is meant to present the fact that obstacles are a part of life and that inner strength alone can help one fight all trials and stand high unaffected and confident like the wall to lead a healthier life.

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