

# Pressure And Stress Management: A Study

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## Abstract

Stress is a major individual and public health issue that are linked to a variety of physical and mental health issues. Stress-related disorders are thought to account for 75 % to 90 % of primary care physician visits. Some of the health issues linked to stress include cardiovascular disease, obesity, diabetes, depression, anxiety, immune system suppression, headaches, back and neck pain, and sleep issues. Stress management is a commonly used phrase with a simple definition. Many studies testing its effectiveness exist in the literature, however it is unclear how many different types of Stress management exist or how helpful they are for which particular problem.

**Keywords:** stress, crises, eustress, distress, exercise, yoga, massage.

## INTRODUCTION

Stress is defined as a person's physical, mental, and emotional reaction to a certain stimuli, often known as a "stressor." Stress is our bodies' way of responding to any type of demand.<sup>1</sup> An agent or stimulus that creates stress is referred to as a stressor. Noises, disagreeable people, a speeding car, a job, finances, and family difficulties are some of the stressors. Any situation might cause stress. The feeling is first affected by stress, which leads to psychological disorders. Anxiety, distracting anxiety, excessive worry, changes in sleep patterns, impatience, anger, sadness, intolerance, thoughts of harming oneself or others, palpitation, stress headache, and internal pressure are all early

signs of stress. Headaches, severe fatigue, nausea and vomiting, diarrhoea, tachycardia, chest discomfort, elevated blood pressure, flushing or disorientation, shortness of breath, restlessness, choking sensation, or hyperventilation are some of the other symptoms [2]. Eustress, distress, acute stress, and chronic stress are some of the several types of stress. Our bodies respond to stress by going into fight or flight mode [3].

The fight/flight reaction is divided into two stages:

1. Short term fight/flight responses
2. Long term fight/flight responses

Stress hormones such as adrenaline and cortisol are released during this reaction.[4]When this occurs, our body prepares for action by increasing heart rate, decreasing digestion, shunting blood flow to main muscle groups, and altering numerous other autonomic nerve activities, providing a burst of energy and strength to the body. As a result, stress management is critical. Stress management encompasses a wide range of approaches and psychotherapies aimed at controlling a person's stress levels, particularly chronic stress, with the goal of controlling and reducing the tension that arises in stressful situations while also affecting emotions and bodily changes.[5] STRESSOR

The term "stressor" refers to situations that are thought to be stressful. There are four basic sources of stress that we can encounter.[6]

## THE CAUSE OF STRESS

- The Environment - The environment can present you with a barrage of competing demands for you to adjust. Weather, noise, crowding, pollution, traffic, dangerous and poor housing, and crime are all examples of environmental stressors [7].
- Social Stressors - The pressures of the various social positions we fill, such as parent, spouse, caregiver, and employee, might cause us to feel several stressors. Deadlines, financial troubles, job interviews, presentations, conflicts, demands for your time and attention, loss of a loved one, divorce, and co-parenting are all instances of social stressors [8].
- Physiological - Physiological stresses are situations and conditions that have an impact on our bodies. Adolescent rapid development, menopause, disease, ageing, giving birth, accidents, lack of exercise, poor nutrition, and sleep disorders are all examples of physiological stressors [9].
- Thoughts – Our brain interprets and sees situations as stressful, challenging, painful, or enjoyable. Some life situations are stressful, but it is our perception of them that determines whether or not they are a problem for us.[10]
- The many sorts of stressors are often classified into four groups by psychologists [11].
- Crises/catastrophes, major life events, daily hassles/micro stressors, and ambient stressors are the four types of stressors.

### Crises/catastrophes

This form of stressor is unforeseeable and unpredictable, and as a result, it is completely beyond the individual's control. Devastating natural disasters, such as massive floods or earthquakes, as well as wars, are examples of crises and catastrophes. Despite its rarity, this type of stressor can generate a lot of anxiety in a person's life [12].

### Major life events

Marriage, college, the death of a loved one, the birth of a child, and other big life events are examples of major life events. These occurrences might be both positive and unpleasant. Substantial life events, according to research, are relatively rare major sources of stress since they occur seldom [13].

### Minor annoyances/micro-stressors [14]

This category comprises little annoyances and inconveniences that occur on a daily basis. Making decisions, meeting deadlines at work or school, traffic congestion, interactions with irritable personalities, and so on are all examples. Conflicts with other individuals are frequently a source of this type of stressor. Daily stresses, on the other hand,

differ from person to person, as not everyone regards the same occurrence as stressful. For example, most people find public speaking stressful; but, a seasoned politician is unlikely to do so. This is not to say that daily annoyances are unimportant or harmless-the accumulation of minor annoyances has been related to a number of psychiatric illnesses.

There are three sorts of psychological conflicts that can create stress:

- An approach-approach conflict occurs when a person must choose between two equally appealing options, such as going to a movie or a concert.
- The avoidance-avoidance conflict, in which a person is forced to choose between two equally unpalatable options, such as taking out a second loan with un favourable terms to pay off the mortgage or facing foreclosure on one's home.
- The battle between approaching and avoiding.

When a person is faced with the decision of whether or not to participate in something that has both attractive and unattractive characteristics, such as whether or not to attend an expensive college, this occurs (meaning taking out loans now, but also meaning a quality education and employment after graduation).

Delayed time, surprises (unexpected events such as lost or delayed baggage), and routine breakers are the three main sources of travel-related stress (inability to maintain daily habits).

## Ambient stressors

As the name implies, they are low-grade stressors that are a part of the background environment rather than specific stressors. They are defined as stressors that are "chronic, adversely valued, non-urgent, physically noticeable, and intractable to people's efforts to change them." Pollution, noise, crowding, and traffic are all examples of environmental stresses. Unlike the other three types of stressors, ambient stressors can (but do not have to) have a detrimental impact on stress without the person being aware of it. As a result, they have little "perceptual salience," as Stokols defined it.[15]

## TYPES OF STRESS

Stress is four types,

1.Eustress 2.Distress

3.Acute stress

4.Chronic stress

### Eustress:[16]

Eustress is the "good" or "positive" stress that occurs in pleasurable settings. It may come as a surprise, but certain stressors can have a positive impact. Remember how you felt earlier when you were considering the possibility of being awarded that wonderful new job? That is only one instance of eustress. Other examples are the thrill of purchasing a new home, getting married, or the sensation you receive after a good workout. Eustress can help you gain confidence, learn new abilities, and be more motivated. Understanding, positive coping techniques can help you address "distress" more effectively, even though this type of stress is often overlooked when thinking about stress management.

### Distress:[17]

Distress is the negative or "bad" form of stress that arises when you consider stress to be hazardous, unusual, unjust, or painful. Job loss, the death of a loved one, long-term illness, catastrophic injury, divorce, and depression are all examples.

### Eustress vs. Distress: What's the Difference?[18]

Eustress is derived from the Greek root "eu," which means "excellent" in the sense of euphoria. When a person considers a stressor as pleasant, it is referred to as eustress. Distress is derived from the Latin root "dis," which also refers to disharmony or disagreement. Distress has a negative impact on one's quality of life. It occurs when a demand much exceeds a person's abilities.

### Acute Stress: [19]

Acute stress is a type of stress that lasts for a short period of time. It could be either eustress or distress. A presentation in front of a group of people is an example of acute stress. Stress causes you to sweat, your heart to accelerate, and your breathing to speed. These feelings only endure a short time, and the body swiftly recovers. The most common type of stress is acute stress. It stems from previous demands and tensions, as well as predicted needs and pressures in the near future. In small doses, acute stress is thrilling and exciting, but too much is draining. Early in the day, for example, a quick run down a steep ski slope is exhilarating. Late in the day, the same ski run is hard and exhausting. Skiing beyond your capabilities might result in falls and shattered bones. Overdoing short-term stress, on the other hand, can cause psychological distress, tension headaches, upset stomach, and other symptoms.

Chronic stress is a type of stress that lasts for a long time. This sort of stress can be caused by major events, but it can also arise when minor stressors pile up and you are unable to recover from them. Long-term disease, company downsizing or reorganisation, and long-term marital problems are all examples of chronic stress. Chronic stress is the most hazardous to your health, as it increases your risk of burnout and other bad consequences [20]. Acute stress might be exhilarating and fascinating, but persistent stress is not. This is the kind of nagging tension that wears individuals down day after day, year after year. Chronic stress wreaks havoc on our bodies, minds, and lives. It causes devastation by attrition over time. It's the stress that never-ending "troubles" have brought to the people of Northern Ireland, the tensions in the Middle East have brought to Arabs and Jews, and the never-ending ethnic rivalries have brought to the people of Eastern Europe and the former Soviet Union. Chronic stress occurs when

a person cannot see a way out of a difficult situation. It's the strain of never-ending demands and pressures that lasts for what seems like an eternity. When a person loses hope, he or she stops looking for answers.

Some chronic pressures are the result of traumatic early childhood experiences that become internalised and stay painful and present for the rest of one's life. Some events have a significant impact on one's personality. A worldview, or belief system, is formed that leads the individual to experience everlasting stress. Recovery necessitates active self-examination, frequently with professional assistance, when personality or deep-seated convictions and beliefs must be reformulated. The worst part about persistent stress is that people become accustomed to it. They are oblivious to the fact that it is present. Acute stress is seen right away because it is new; chronic stress, on the other hand, is ignored because it is old, familiar, and sometimes almost comforting.[21]

## THE EFFECT OF STRESS

Your body produces stress hormones when you are stressed. Infection and disease may be exacerbated by stress and the accumulation of stress hormones over time.[22]

High blood pressure, irregular heartbeats, high cholesterol, heart attacks, heart failure, and coronary artery disease are all possible outcomes. Researchers have long thought that people with a stressed-out attitude had a higher risk of heart disease and high blood pressure. We're not sure why, exactly. Stress induces the release of cholesterol and triglycerides into the bloodstream, which increases heart rate and blood flow. It's also probable that stress is linked to other issues, such as an increased possibility of smoking or obesity, which raises cardiac risks indirectly. Sudden emotional stress, according to doctors, can be a cause for significant cardiac problems, including heart attacks. Chronically ill people with cardiac problems must avoid acute stress and learn to cope with life's inevitable stressors [23].

### Asthma

It can aggravate asthma and COPD symptoms (chronic obstructive pulmonary disease).[24] Stress has been demonstrated in numerous research to aggravate asthma. According to some data, a parent's chronic stress may raise the probability of their children having asthma. In one study, researchers looked at how parental stress influenced the asthma rates of young children who were exposed to pollution or whose mothers smoked during pregnancy. Children whose parents were stressed had a significantly increased risk of having asthma [25].

### Obesity

For some people, it might lead to overeating and inactivity. If this continues for an extended length of time, these habits may become difficult to break, resulting in weight gain and obesity. Excess belly fat appears to be more dangerous to one's health than fat on the legs or hips, and regrettably, that's where people who are under a lot of stress tend to keep it. "Higher amounts of the hormone cortisol are caused by stress," explains Winner, "and this appears to increase the amount of fat accumulated in the abdomen"[26].

### Diabetes

Diabetes can be aggravated by stress in two ways. For starters, it increases the likelihood of harmful habits like unhealthy eating and binge drinking. Second, stress appears to directly boost glucose levels in persons with type 2 diabetes [27].

### Headaches

One of the most prevalent causes of headaches—not just tension headaches, but migraines as well—is stress.[28]

### Anxiety and depression

It can cause anxiety, personality changes, sadness, irritability, insomnia, and memory loss, among other mental and emotional issues. Chronic stress is linked to higher incidence of depression and anxiety, which comes as no surprise. According to a review of recent studies, those who experience stress at work, such as rigorous labour with few incentives, have an 80 percent higher chance of getting depression within a few years than people who experience less stress [29].

### **Gastrointestinal problem**

It can cause nausea, diarrhoea, and other digestive issues. (peptic ulcers or irritable bowel syndrome) One thing stress does not do: it does not induce ulcers. However, it has the potential to aggravate them. Many other gastrointestinal diseases, such as chronic heartburn (GERD) and IBS, are linked to stress, according to research.[30]

### **Alzheimer's disease**

According to one animal study, stress may exacerbate Alzheimer's disease by hastening the formation of brain lesions. According to some researchers, lowering stress may help to decrease the growth of the disease [31].

### **Accelerated ageing**

Stress has been shown to have an impact on how you age. One study contrasted the DNA of mothers who were under a lot of stress—caring for a chronically unwell child—and mothers who weren't [32].

### **Reproductive organs**

Menstrual irregularities, diminished fertility, and erectile dysfunction are all possible side effects. Stress hormones can make it more difficult to conceive since they impact oestrogen and progesterone levels as well as menstrual cycles. Dealing with infertility may be extremely stressful, ranging from the sadness of negative pregnancy tests to the physical and mental toll of undergoing therapies in the hopes of becoming pregnant. The loss of a baby during pregnancy, known in the medical field as a spontaneous abortion, is a pregnant woman's worst dread [33].

### **PTSD and pregnancy**

PTSD, or post-traumatic stress disorder, is an anxiety disorder that arises after a psychologically distressing experience. Flashbacks, insomnia, and difficulty functioning in daily life are all symptoms of PTSD. They may also have additional issues, such as drug usage, that make it difficult to sustain a safe pregnancy. PTSD can be successfully treated with a variety of therapies ranging from medication to talk therapy for mothers who are experiencing other difficulties in their everyday lives. They may also have additional issues, such as drug usage, that make it difficult to sustain a safe pregnancy.[34,35]

## **SIGNS AND SYMPTOMS**

### **Cognitive symptoms [36]**

- Memory problems
- Inability or difficulty concentrating
- Poor judgment
- Seeing only the negative
- Anxious racing or ruminating thoughts
- Constant worrying

### **Emotional symptoms [37]**

- Moodiness
- Irritability or short tempered
- Agitation, inability to relax
- Feelings overwhelmed
- Sense of loneliness or isolation
- Depression or general unhappiness

### **Physical symptoms[38]**

- Aches and pains, muscle tension
- Diarrhea or constipation
- Nausea, dizziness or butterflies in the stomach
- Chest pain or rapid heart beat
- Loss of sex drive
- Frequent colds

- Shallow breathing and sweating

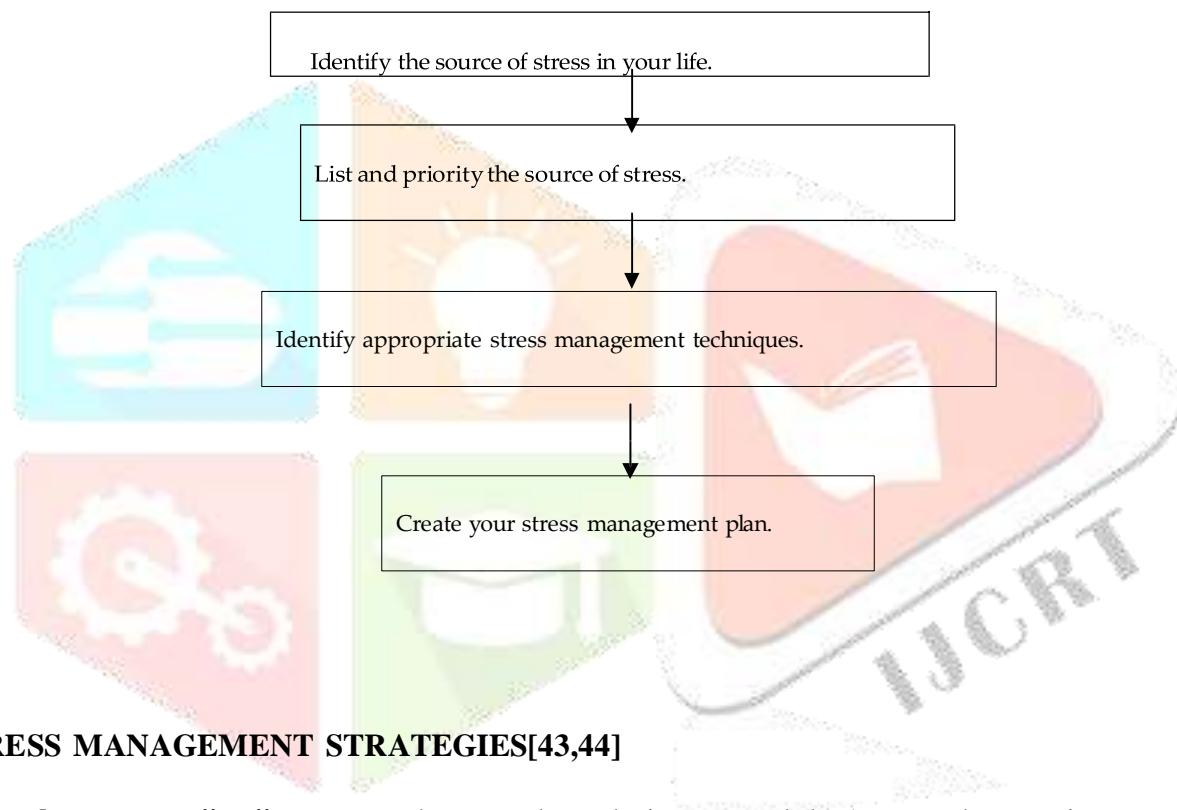
### Behavioral symptoms[39]

- Eating more or less
- Sleeping too much or too little
- Isolating yourself from others
- Procrastinating or neglecting responsibilities
- Using alcohol, cigarettes, or drugs to relax
- Nervous habits (nail biting, pacing).

## STRESS MANAGEMENT

Stress is a natural reaction to the demands of our ever-changing world. Although we are constantly confronted with change and demands, how we interpret these internal and external changes has a direct impact on how much stress we experience.[40,41,42]

### METHOD FOR IDENTIFYING THE CAUSES OF STRESS



### STRESS MANAGEMENT STRATEGIES[43,44]

**Learn how to say "no"** - Know what your boundaries are and don't cross them. It is not a good idea to take on more than you can handle. It's fine if you don't participate in every activity organised by your club, fraternity, sorority, or friends.

**Attitude** - It is natural for people to want to freak out. Your mind is a powerful weapon; utilize it to your advantage. Thinking in terms of relationships can help you get a long way.

**Laugh** - Do something you enjoy, pick up a hobby, spend time with friends, and learn to maintain a healthy balance in your life. Express your dissatisfaction if you are upset. Keep them to yourself since keeping them to yourself will just add to your tension.

**Avoid alcohol and smoking** - this is only a temporary remedy. You'll feel agitated again once the chemicals have left your body, and you'll probably be worse off than you were before.

**Healthy eating**- Get the essential nutrition by eating a healthy diet. Every day, eat at least one hot, home-cooked meal.

**Exercise** - Physical activities can aid in the burning of calories as well as the release of tension. Tension can be relieved by exercise. Exercising for 30 minutes three times a week is recommended.

Take a few deep breaths to relax your mind and body. Visualize yourself succeeding. Set aside some "extended time" to do something that you enjoy. Focus your attention on the current moment by practicing "mindfulness." [45]

**Sleep** - In for your brain and body to function at their best, you'll need at least 7 hours of sleep. Avoid naps that last more than an hour.

**Health relationship** - Talk to your pals and hang out with them for a healthy relationship. Find someone with whom you can relate and with whom you can share your issues.

**Time management** - Get a planner, make a timetable, or even a to-do list to help you manage your time. Make a plan for how you'll spend your quarter. Make a timetable for each week after you've completed that. Then, for each day, make a timetable. Be as precise as possible. Make a schedule that includes class meetings, study time for a given subject, mealtimes, enjoyable activities, and sleep. [46]

**Organization** - Learn how to organize your notes, keep track of your assignments, and make a calendar of critical due dates and exam dates. Make a list of your daily priorities.

**Budget** - Make a monthly budget for your costs. Distribute your funds according to the bills that must be paid during the quarter (i.e. rent, tuition, groceries, personal items, house, bills, gasoline, etc.) Determine how much money you will be able to spend on "fun" activities.

**Spirituality** - Spirituality is defined as the ability to connect with others and the ability to find purpose in one's life. Find out whether you're a visual, auditory, or kinesthetic learner by determining your learning type.

**Slow down** - take a deep breath, and be aware of your limitations. Take your time so that you can do the task correctly.

**Locate a support system** - Whether it's your mother, sister, brother, friend, or counselor, find someone with whom you feel comfortable sharing your emotions. Sometimes all we need is to let our frustrations out.

**Make changes to your environment** - If you're having trouble studying at your dorm, try transferring to a location with less noise and brighter lighting.

**Delegate obligations** - When school or job becomes too much for you, splitting up the work or tasks can help relieve tension and strain.

## **RELAXATION TECHNIQUE**

The body's natural relaxation response is an effective stress reliever. Deep breathing, visualization, gradual muscle relaxation, meditation, and yoga are among the relaxation strategies that can help you trigger this relaxation response. When you do these things regular basis, you'll notice a decrease in your daily stress levels and an increase in your sentiments of joy and peace. Furthermore, they have a protective quality in that they teach you how to remain calm and composed in the face of life's unexpected twists and turns.

The relaxation response, in addition to its calming physical benefits, has been shown to raise energy and focus, combat disease, relieve aches and pains, improve problem-solving abilities, and promote motivation and productivity. Best of all, anyone may reap these benefits with a little practice. [47,48,49]

## Starting a relaxation practice

You can achieve a relaxation response using a variety of relaxing techniques. Deep breathing, gradual muscle relaxation, meditation, visualization, yoga, and tai chi are some of the stress-relieving techniques that have been extensively researched. It's not difficult to pick up the fundamentals of these relaxation techniques. To properly harness their stress-relieving effect, though, consistent practice is required. The majority of stress experts advise devoting at least 10 to 20 minutes every day to your relaxation routine. If you want to relieve even more stress, set aside 30 minutes to an hour.

Make the most of your relaxing technique. Make time on your regular agenda for this. Incorporating a relaxation technique into your daily routine is the greatest approach to getting started and keeping it going. Schedule your practice time once or twice a day. You might find that doing your practice first thing in the morning, before other tasks and responsibilities get in the way, makes it simpler to remain with it [50]. When you're tired, don't practice. These strategies can make you feel so relaxed that you fall asleep quickly, especially if it's close to bedtime. If you practice these techniques when you're fully awake and attentive, you'll get the most out of them.

### Deep breathing for stress relief

Deep breathing is a simple yet effective relaxation method that focuses on large, cleansing breaths. It's simple to learn, can be done practically anywhere, and is an effective approach to reduce tension quickly. Deep breathing is also an important part of many other relaxation exercises, and it can be paired with other relaxing factors like aromatherapy and music. All you need are a few minutes and a comfortable place to stretch.[51,52].

### Progressive muscle relaxation for stress relief

Another effective and widely used stress-relieving strategy is progressive muscle relaxation. It entails a two-step procedure in which you systematically tense and relax various muscle groups throughout your body.

Progressive muscle relaxation gives you a deep understanding of how tension—as well as complete relaxation—feels in different parts of the body with regular practice. This awareness helps you spot and counteract the first signs of the muscular tension that accompanies stress. Your thoughts will relax as your body does. Deep breathing can be combined with increasing muscular relaxation to provide extra stress reduction.[53].

Most progressive muscle relaxation practitioners start at the feet and work their way up to the face. Also:

1. Loosen your clothing, take off your shoes, and get comfortable.
2. Take a few minutes to relax, breathing in and out in slow, deep breaths.
3. When you're relaxed and ready to start, shift your attention to your right foot. Take a moment to focus on the way it feels.
4. Slowly tense the muscles in your right foot, squeezing as tightly as you can. Hold for a count of 10.
5. Relax your right foot. Focus on the tension flowing away and the way your foot feels as it becomes limp and loose.
6. Stay in this relaxed state for a moment, breathing deeply and slowly.
7. When you're ready, shift your attention to your left foot. Follow the same sequence of muscle tension and release.
8. Move slowly up through your body — legs, abdomen, back, neck, face — contracting and relaxing the muscle groups as you go.

### Mindfulness meditation for stress relief

Mindfulness meditation is very useful in reducing stress, anxiety, despair, and other negative emotions. Mindfulness is the state of being completely immersed in the present moment, without analyzing or otherwise "over-thinking" it. Rather than worrying about the future or dwelling on the past, mindfulness meditation switches the focus to what's happening right now.[54,55] For Stress Relief, Try The Following Mindfulness Meditation Techniques.[56,57]

**Body scan** - By focusing your attention on different parts of your body, you can create awareness. You begin with your feet and work your way up, similar to progressive muscle relaxation. Instead of tensing and releasing your muscles, you simply concentrate on how each area of your body feels

without categorizing them as "good" or "bad."

**Walking meditation** - You don't have to be seated or completely still to meditate. Mindfulness in walking meditation is focusing on the physicality of each step, such as the sensation of your feet contacting the ground, the rhythm of your breath as you move, and the feel of the wind against your face.

**Mindful eating** – Try eating consciously if you find yourself reaching for food when you're stressed or gulping down your meals in a hurry. Take a seat at the table and give the food your whole attention (no TV, newspapers, or eating on the run). Slowly eat, allowing yourself to completely appreciate and concentrate on each bite. Zen meditation is not the same as zoning out. When your mind wanders or you begin to drift off, it requires work to retain your concentration and bring it back to the current moment. Mindfulness meditation, on the other hand, affects the brain over time, increasing the areas connected with joy and relaxation while weakening the areas associated with negativity and stress.

### **Guided imagery for stress relief**

Visualization, often known as guided imagery, is a type of meditation that can help you relax. Guided imagery is a relaxing technique that includes envisioning a setting in which you feel at ease, free of all tension and anxiety. Choose a relaxing location, whether it's a tropical beach, a favorite childhood haunt, or a peaceful forested glen. This visualization exercise can be done on your own, with the guidance of a therapist, or with the help of an audio recording [58].

- Close your eyes and let your worries drift away. Imagine your restful place. Picture it as vividly as you can— everything you can see, hear, smell, and feel. Guided imagery works best if you incorporate as many sensory details as possible. For example, if you are thinking about a dock on a quiet lake:
- See the sun setting over the water
- Hear the birds singing
- Smell the pine trees
- Feel the cool water on your bare feet
- Taste the fresh, clean air

### **Yoga for stress relief**

Yoga is a fantastic way to relieve tension. It entails a combination of dynamic and motionless poses, as well as deep breathing. Yoga's physical and mental advantages act as a natural stress reliever and help to develop the relaxation response in your daily life.[59]

### **Tai chi for stress relief**

T'aichi – (tie chee), also known as "moving meditation," is a Chinese form of exercise and energy training that consists of a series of coordinated, slow motions combined with mental concentration and coordinated breathing.[60] You've probably seen tai chi if you've ever seen a group of people slowly moving in unison in the park slowly moving in unison. Tai chi is a gradual, flowing set of body motions that can be done at your leisure. Concentration, relaxation, and the conscious circulation of vital energy throughout the body are all emphasized in these movements. Though tai chi has its origins in martial arts, it is now mostly used to relax the mind, condition the body, and reduce stress. Tai chi practitioners, like meditation practitioners, concentrate on their breathing and staying in the present moment. Tai chi is a low-impact exercise that is suitable for people of all ages and fitness levels, including the elderly and those recovering from injuries. You can practice the techniques anywhere, at any time, by yourself or with others once you've learned them.[61]

### **Massage therapy for stress relief**

Getting a massage promotes deep relaxation, and as your body's muscles relax, so does your overworked mind. You don't even have to go to a spa to reap the benefits of massage. You may relax and relieve stress by using a variety of basic self-massage techniques.[62,63]

## Self-Massage Techniques

**Soothing Scalp** Spread your fingers on top of your head and place your thumbs behind your ears. For 15-20 seconds, gently move your scalp back and forth by forming circles with your fingertips. Simple to Look at Place your ring fingers directly under your brows, at the bridge of your nose, while closing your eyes. Slowly increase the pressure

for 5-10 seconds before releasing it softly. Repeat 2-3 times more. Relief from Sinus Pressure Places your index and middle fingers on the bridge of your nose. Slide your fingertips down the bridge of your nose and across the tops of your cheekbones to the outside corners of your eyes. Tension Relief in the Shoulders Reaches across the front of your body to the opposite shoulder with one arm. Rep on the opposite side. Press forcefully on the muscle above your shoulder blade in a circular motion. Rep on the opposite side.[64]

Swedish massage is the most frequent style of massage, a relaxing technique that is specifically meant to relax and rejuvenate. Shiatsu, often known as acupressure, is another popular style of massage. Shiatsu massage therapists manipulate the body's pressure points with their fingers. Although self-massage can help relieve tension, getting a massage from a professional massage therapist can be far more calming and thorough than self-massage. When planning a massage, choose one that promotes general relaxation, such as Swedish or Shiatsu. Sports massages and deep tissue massages are more vigorous. They frequently target specific regions and may leave you hurting for a few days, making them less helpful for stress release and relaxation.[65,66]

## CONCLUSION

For many people, exercise can be a useful part of a psychological intervention, and it should be suggested to those who are suffering with acute, acute episodic or chronic stress. The well-documented physical and psychological health advantages of exercise are an advantage of adding exercise into a crisis management plan over other stress management strategies. However, it's important to remember that exercise is only one part of a stress-management strategy, and there may be times when you need help from someone who isn't fitness professional, such as when working with people who are dealing with acute episodic or chronic stress. Although exercise may assist a person who is struggling with these sorts of stress feel calmer, it will not alleviate the problem of large chronic or recurring stresses. It may be important to refer these persons to resources such as a psychologist or other health care experts who may assist them in dealing with their pressures.

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