



MAHARAJA AGRASEN INSTITUTE OF MANAGEMENT STUDIES

(A unit of Maharaja Agrasen Technical Education Society)

Affiliated to GGSIP University; Recognized u/s 2(f) of UGC

Recognized by Bar Council of India; ISO 9001: 2015 Certified Institution

Tel. Office: 8448186947, 8448186950 www.maims.ac.in

Session on Mental Health: "Dance away your Stress"

February 24, 2020

CONDUCTED BY: INSTITUTE OF INTEGRATED LEARNING IN MANAGEMENT (IILM)

SPEAKER: Dr. SHIVANI KHURANA, Faculty, IILM

In a time where there is cut throat competition all around the world the pressure is on students to stand out. They are trying to do their best to reach their goals and, in the process, face many problems. These problems may be internal or external and affect person to person on different levels. Some of these problems are discussed in the presentation.

Stress can have either a negative(distress) or a positive(eustress) effect on a person. This depends on the level of pressure and the way in which the person deals with the problem. The various problems may be the expectation from the college, assignments, pressure from parents, unavailability of guidance, etc. these may cause eating disorders, sleep disorders, relationship problems, substance abuse, anxiety and depression.

The only main way to avoid stress is to give ourselves priority instead of anyone or anything else. Taking care of oneself is very important to keep our mental and physical health in check. Any kind of imbalance can lead to some severe problems. Taking part in different activities distracts our minds from daily life and gives us a mental break that everyone needs once in a while. Another important and effective way is by making friends that are truly helpful and understand you. A mutual and good friendship can really help a person mentally. Sharing the thoughts that's eating you inside surely gives relief.

There are many other ways to manage stress

- Making changes
- Learn to recognize the stressors
- Take a break
- Stay positive
- Let other know you are stressed out
- Allow yourself to say NO
- Be prepared
- Prioritize
- Write down feelings
- Enjoy simple things

Last but the most effective way is through humor. Humor is a way of life, it connects us to more people and makes our life more effective. Humor relaxes our brain and releases hormones that relaxes our body.

Overall it is very important to take care of yourself. Every person is like a snowflake, they may look same from a distance but if we look closer they are very different. Every situation affects a person in different ways. Understanding ourselves and others is very important to avoid stress.





Stress

Because everyone reacts to stress in his or her own way, no or a stress test can give you a complete diagnosis of your stress levels. This stress test is intended to give you an overview only. Please see a Stress Management Consultant for a more in depth analysis.

Answer **all** the questions but just tick one box that applies to you, either yes or no. Answer yes, even if only part of a question applies to you. Take your time, but please be completely honest with your answers:

	Yes	No
I frequently bring work home at night		
Not enough hours in the day to do all the things that I must do		
I deny or ignore problems in the hope that they will go away		
I do the jobs myself to ensure they are done properly		
I underestimate how long it takes to do things		
I feel that there are too many deadlines in my work / life that are difficult to meet		
My self confidence / self esteem is lower than I would like it to be		
I frequently have guilty feelings if I relax and do nothing		
I find myself thinking about problems even when I am supposed to be relaxed		
I feel fatigued or tired even when I walk after a 24-hour shift		
I often nod or finish other peoples sentences for them when they speak slowly		
I have a tendency to eat, talk, walk and drive quickly		
My appetite has changed, have either a desire to binge or have a loss of appetite / may skip meals		
I feel irritated or angry if the car or traffic in front seems to be going too slowly/		
I become very frustrated at having to wait in a queue		
If something or someone really annoys me I will bottle up my feelings		
When I play sport or games, I really try to win whoever I play		
I experience mood swings, difficulty making decisions, concentration and memory is impaired		
I find fault and criticize others rather than praising, even if it is deserved		
I seem to be listening even though I am preoccupied with my own thoughts		
I don't want to talk / get attracted towards boys/ girls		
I find myself grinding my teeth		
Increase in muscular aches and pains especially in the neck, head, lower back, shoulders		
I am unable to perform tasks as well as I used to, my judgment is clouded or not as good as it was		
I find I have a greater dependency on alcohol, caffeine, nicotine or drugs		
I find that I don't have time for many interests / hobbies outside of work		
TOTALS		

A answer score = 1 (one), and a no answer score = 0 (zero).



Stress

Your score:

Most of us can manage varying amounts of pressure without feeling stressed. However too much or excessive pressure, often created by our own thinking patterns and life experiences, can overstretch our ability to cope and then stress is experienced.

4 points or less: You are least likely to suffer from stress-related illness.

5 - 13 points: You are more likely to experience stress related ill health either mental, physical or both. You would benefit from stress management / counseling or advice to help in the identified areas.

14 points or more: You are the most prone to stress showing a great many traits or characteristics that are creating un-healthy behaviours. This means that you are also more likely to experience stress & stress-related illness e.g. diabetes, irritable bowel, migraine, back and neck pain, high blood pressure, heart disease/strokes, mental ill health (depression, anxiety & stress). It is important to seek professional help or stress management counselling. Consult your medical practitioner.

Tips to help improve your score

Review the questions that you scored yes.

- See if you can reduce, change or modify this trait.
- Start with the ones that are easiest & most likely to be successful for you.
- Only expect small changes to start with, it takes daily practice to make any change.
- Support from friends, family/colleagues will make the process easier and more enjoyable.
- Professional help is always available & your GP is a good place to start.

Alphabet of Stress Management and Coping Skills

A

Ash for help
Aromatherapy
Art
Attend an event of interest
Athletics
Ask to talk to a friend
Allow time to think
Apologize
Add numbers
Aerobics
Act out favorite actor/actress
Artistically express feelings
Act out feelings
Address the real issue

B

Bounce a stress ball
Breathe slowly
Baking
Basketball
Be attentive

C

Count to ten
Color a picture
Catch a ball
Call crisis line
Call a friend
Cookie decorating
Collect thoughts
Chat with friends
Calming techniques

E

Eat a snack
Exercise
Escape the situation

F

Find a safe place
Finish house work
Fishing
Free weight
Find a book to read
Filter emotions
Find a puzzle to play
Find a friend
Free write feelings
Following directions
Fly a kite
Focus attention elsewhere

G

Go talk to an adult
Go to happy place
Golfing
Games
Going to a friends
Get help from teacher
Go outside
Go running
Go swimming
Going to the gym
Gather thoughts
Go to a different place
Grow a garden
Get help from others

H

Help someone else with a problem
Hiking
Have a party
Hug a friend
High jumps
Hang out with friends
Have someone listen to your problem

I

"I" statements
Identify triggers
Instagram pictures
Interact with friends
Initiate conversation
Imagine your safe place
Invite someone to play
Ignore people

J

jogging in place
Jot down good behaviors
Jumping jacks
Jumping rope
Journaling

K

Kick a soccer ball
Keep a journal
Knitting
Kickboxing
Keep calm by thinking
Kickball
Keep hands to yourself

L

Listen and discuss
Laugh
Long walks
Listen to music
Lay down
Lift weights
Letter writing
Loach outside
Learn something new
Lay head down on desk

M

Make a plan
Make silly faces
Make food
Make a craft
Meditate
Make a book
Meet new people

N

Napping
Notes to self
Never give up
Name something positive

O

Offer assistance
Organize item of interest
Obstacle course
Open up
Observe a movie
Observe surroundings

P

Play a game
Paint a picture
Play instrument
Prepare healthy meal
Play at the park
Phone a friend
Play music
Practice sport
Play with PlayDough
Pretend you are in the other persons shoes

Q

Quiet time
Quitting
Quickly remove stressor
Quiet down
Question feelings

R

Read
Run
Ride a bike
Relax
Rest
Request space

S

Sing
Sleep
Swim
Soak in tub
Soccer
Send a letter
Stretch muscles
Sit in a hammock
Sun bathing
Standing alone
Stop and think about response
Shoot baskets
Separate self
Sneak up
Stop and listen

T

Talk to a friend
Talk to an adult
Take time by yourself
Take a walk
Take a hot shower/bath
Take deep breaths
Take a break
Take a nap
Talk it out

U

Untie your shoes
Use a work out video
Undertake a project
Unite with family
Unwind
Utilize support system
Use a yo-yo
Use tools
Utilize resources/coping skills

V

View TV
Visit a friend/family
Volunteer
Visualize calm space
Verbalize emotions effectively
Visit counselor
Video games
Vent feelings

W

Watch a movie
Write poetry
Walking
Write in Journal
Walk outside
Workout
Write feelings/thoughts
Walk away from situation
Write a letter

X

Xylophone playing
Xbox
X-ray your feelings

Y

Yell into a pillow
Yoga
Yodel
Yoyo

Z

Zigzag around room
Zumba
Zone out