

Coping up with Everyday Stress

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INTRODUCTION

Everyday stress is a common experience for many people and can manifest itself in various ways. It is an emotional and physical reaction to the daily demands and pressures of work, relationships, and personal responsibilities. Stress can be caused by a variety of events, including both positive and negative experiences. Stress can manifest physically and emotionally causing various symptoms such as fatigue, irritability, anxiety, and depression. It can also have a detrimental effect on an individual's general health and bring about several health problems such as hypertension, migraine, headache, cardiac diseases and many more. Stress can also impact a person's sleep, appetite, and concentration. Despite its adverse effects, stress is not always harmful. Stress, in small doses, can be a motivator, assisting people in meeting deadlines, achieving goals, and perform at their best. On the other hand, exposure to stress for an extended period may have a materially detrimental impact on the quality of life of a person and needs to be corrected.

Psychological and Physical Effects of Stress

Anxiety, depression, and irritability are some of the psychological effects of stress. People may also have trouble in concentrating, memory issues and lack of motivation. Chronic stress can also cause feelings of being overwhelmed and helplessness. It can also result in mental health issues like anxiety disorder and depression. Headaches, fatigue, muscle tension, and stomach problems are all physical symptoms of stress. Stress can also impact one's immune system, making them more susceptible to colds and other illnesses. Stress can also interfere with sleep, resulting in insomnia or

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other sleep disorders. Stress can also have an impact on our behaviour and decision-making abilities. It has the potential to lead to addiction, impulsive behaviour, and relationship issues. It can also lead to procrastination, inefficiency, and poor job performance.

Societal and Environmental Role in Stress

Individual stress levels can be influenced by society and the environment. Poverty, unemployment and discrimination are all societal factors that can contribute to stress. Poverty can cause financial stress, a lack of access to basic necessities and limited opportunities for upward mobility all of which can lead to stress. Unemployment can cause financial stress, and also a sense of purpose and identity loss. Discrimination whether based on race, gender, sexual orientation, or another factor, can cause stress by instilling feelings of isolation and marginalization. The environment can also influence stress levels. Stress can be exacerbated by noise pollution, air pollution, and overcrowding. Natural disasters like hurricanes, floods, and earthquakes can also cause significant stress. Through social media and technology, society and the environment can also contribute to stress. The constant pressure to stay connected and the constant flow of information can cause anxiety and overwhelmed. The pressure to present a perfect image of oneself on social media can also result in stress and constant comparison with others. Overall, society and the environment are responsible for contributing to stress in a variety of ways, ranging from financial and job-related stress to pollution and crime exposure. It is crucial to be aware of the societal and environmental factors that may be contributing to stress to mitigate its effects. A person's daily stress levels may be affected by many different things such as their job, connections, and duties. Workplace stress may be

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caused by several factors like unlimited working long hours, excessive workloads, a lack of control over one's work, and job instability. Relationships may be strained by factors such as poor communication, arguments, and financial troubles.

Is it Possible to Avoid stress?

Stress cannot be completely avoided as it is a natural part of life. However, learning to manage stress in appropriate manner can help to reduce its adverse effects. There are several approaches to this, including:

- **Identifying and avoiding stress triggers:** By identifying the stressors in an individual's life, steps can be taken to avoid or reduce exposure to them.
- **Increasing Resilience:** Building resilience, or the ability to recover from stress, can aid in mitigating the adverse effects of stress.
- **Time management:** Setting realistic goals and prioritizing tasks can reduce stress by making it easier to manage responsibilities.
- Relaxation techniques and Regular exercise can also help in reducing stress.
- A healthy diet can provide enough nutrients to body to cope with stress.
- **Creating a support system:** Talking to friends and family or joining a support group can help to

provide a sense of connection and reduce feelings of isolation and stress.

- **Seeking professional help when necessary:** When stress becomes overwhelming, it is critical to seek professional assistance. Speaking with a therapist or counsellor can assist in identifying the underlying causes of stress and developing stress management strategies.

It is important to note that stress cannot be completely eliminated; however, by employing some of the methods listed above, we can reduce its adverse effects on our physical and mental health. It is important to note that different strategies may work for different people; it is up to that particular individual to figure out which ones work best for them. It's also important to recognize when stress becomes too much we need to seek professional help if necessary. Overall, everyday stress can be caused by various factors and can harm a person's physical and mental health. Individuals can reduce the adverse effects of stress on their overall wellbeing by managing it healthy.

CONFLICT OF INTEREST

The authors declare no conflict of interest.

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