

E BOOK ON
Stress

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You must have often heard people complaining about stress caused by various factors and its impact on their lives. They are either overworked or have a lot on their plates in difficult situations with no end in sight.

You may have had work hours to complete but were busy with other tasks and couldn't finish on time. This resulted in extra effort.

This is when sudden thoughts or a rush of them start to occur. You may think about the scolding you could receive from your boss and how to respond. All of these thoughts start to clash in your mind. This is the condition where people find themselves experiencing stress, but it is not just a concern or problem.

Stress is not only a source of pain or something to get rid of. It is not just a frustration to endure for a long time. While you can be stressed, you can also derive energy from it and use it to increase your dedication.

Meaning

Stress can occur for many reasons or under various conditions. However, if we were to define it in general terms, it is a state where you exert more effort or are willing to push your limits.

Stress can be viewed from both positive and negative perspectives. On one hand, it can be seen as a means to achieve more or take on additional tasks. On the other hand, it can be overwhelming when you have too much on your plate and are unable to cope with it.

The problem with stress is that people often perceive it negatively. It is not a disease or a mental illness, but rather a state that can be experienced in different ways.



In general, our body functions through various biological mechanisms, including metabolism, memory, and the processing of information by our brain. Hormones play a crucial role in these processes.

The adrenal hormone is primarily responsible for providing energy supplements to our brain and regulating its functioning.

However, the stress hormone called cortisol increases the amount of sugar in our body or its transfer, which directly impacts the brain and intensifies stress levels.

This hormonal cycle, which directly affects the mind, can manifest itself visibly in your physical appearance and emotions.

For example, if you are taking an exam and suddenly forget the simplest answer to a question, or if you are driving and a sudden turn causes you to narrowly avoid an accident, these situations can trigger an instant reaction in your brain and indicate signs of stress.

The problems associated with stress can be managed and treated. There are steps you can take to ensure that it is properly addressed and that you can recover from it.

Symptoms

The idea that stress is negative and painful, but it is important to understand how it can manifest so that you can be mentally prepared for it.

Stress can be influenced by various factors, and there are certain situations where you may find that stress has started to affect you or has entered your life.



It can cause general discomfort, starting from the head and spreading to the chest. However, it is crucial to be able to recognize the symptoms of stress and how they manifest.

v Heaviness in chest

This is the first or main symptom where you can feel a particular pain or heaviness in your chest, which feels like being constricted from the inside. Some common signs include:

- Strong pain near the chest
- Direct effect on heart tissues
- Low or mild pain in the upper part
- Uncontrolled effect on your chest

v Body fatigues

This is another symptom where you can experience fatigue or pain in your body parts due to stress. They can appear tired due to specific tasks or efforts, such as:

- Low or medium-level pain
- Inability to perform any physical work
- Lack of interest in eating
- Joint pain due to hormones

v Other possible pains

There may be other ways by which stress can be identified in a rapid stage and may be cured with ailments, but they are critical, such as:

- Constant headaches disturbing you.
- Pain in specific body parts.
- Grinding your teeth regularly.
- Clenching of jaws frequently.

v Impact of breath

This is another possible symptom that can help you quickly identify stress: a shortness of breath or a direct effect on the respiratory process. This may include:



- Regular episodes of shortness of breath
- Dizziness or difficulty focusing
- Chest pain leading to a decrease in breath
- Changes in normal breathing

These are important symptoms that can help you define and identify the impact and extent of stress on your life.

You can discuss with psychologists how these symptoms can lead to stress, just as doctors analyze them. After a few basic tests, they can help you address these problems quickly.

Causes

Stress can be influenced by various causes, most of which have an impact on a psychological basis, causing your brain to experience an ideological block or function slowly.

These causes are mainly connected to how you live your life, as well as the events that occur and their potential impact on your future.

v Financial issues

This is one of the most common issues that can inspire stress or let it become a potent factor dominating your mind with a prolonged impact on your thought process.

People think more about how they earn, but it becomes more of an obsession if they lose financial rights, miss out on their money, or have no returns that exacerbate their stress.

v Death of a loved one

This is another definite cause that has a permanent effect on the mind. You may have been close to a person in the family who has died and might find it difficult to come out of the loss.

It can perturb you to find out how it happened. A memory of it can bring more pain, making you feel drained of hormones.



v Job loss

This can be one more main cause where you start to feel stress. The consequences may leave you depressed, but stress and depression are two completely different aspects of life.

The loss of any job may force you to make more effort to find a suitable one to live life, to continue pressing on, and the stress of it forces you to think more.

Explanation:

1. "This can be one more main cause where you start to feel stress." - This sentence is grammatically correct, but it could be improved by adding more context. For example, "This can be one of the main causes that lead to stress."

2. "The consequences may leave you depressed, but stress and depression are two completely different aspects of life." - This sentence is grammatically correct and does not require any changes.

3. "The loss of any job may force you to make more effort to find a suitable one to live life, to continue pressing on, and the stress of it forces you to think more." - This sentence is a bit confusing and could be rephrased for clarity. For example, "Losing a job can be stressful as it requires you to make more effort to find a suitable replacement and forces you to think more about your future."

v Traumatic event

Traumas of different types can also make you feel stressed. They are not directly connected but can make you want to do something productive to protect lives efficiently.



The kind of damage that natural disasters can cause, such as striking with brutal force, causing a high number of deaths, and sudden upsurges, may take you by surprise. If your family members also die, your stress may increase rapidly.

Causes that can bring stress may be simple. They can put you in a state of overwork due to the influx they bring to your life, and they make it challenging in general.

They can give you severe headaches, make you feel dizzy, affect your ability to make valid decisions, and make it very difficult to lead a better life.

Treatments

Treating stress is essential as it allows you to overcome some of the most critical situations and lead a happier life.

Not only does it help you overcome inner pain or lack of motivation, but it also gives you a much better sense of control over your mind.

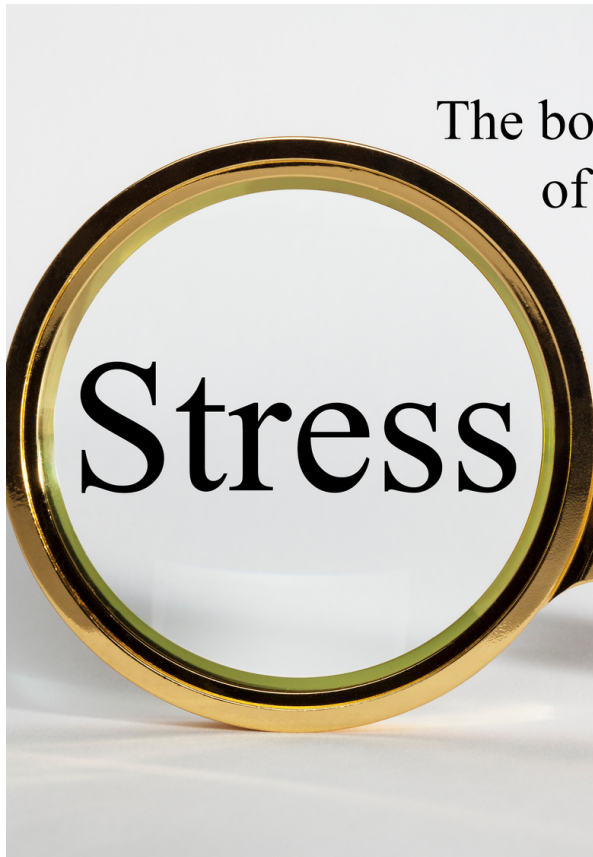
Considering how painful it is to be under the negative energy of stress or to handle it, most experts suggest that you should not rely solely on medical aid.

Before resorting to medication, you should try multiple approaches to treat it. Seek guidance from those who can provide proper steps to help you recover from it.

● MBSR Therapy

Meditation has become a core part of life. Whether you practice yoga or meditate to calm the mind, it has a huge impact.

For better health and control of the brain, experts have designed Mindfulness-Based Stress Reduction (MBSR) therapy, which focuses on how you can control stress.



This therapy is designed so that specific exercises are recommended to reduce stress and help you find a better sense of well-being.

- **Cognitive Behavior Therapy**

This is another way to treat stress. Usually, it is more applicable for anxiety-related issues, but you can also try it to reduce stress.

In this therapy, talking practices are applied to determine how much you have started to communicate less, and it helps you break free from painful thoughts.

- **Acupuncture**

This therapy also effectively reduces or controls the amount of stress you have in life by allowing you to have a unique sensation to control your mind.

In this process, needles are used to give you a specific feeling that is painless and helps you feel more comfortable by treating your pain.

- **Natural Remedies**

One of the most effective ways to control stress is to use natural options to keep yourself happy and ensure that such aspects affect you positively.

It may help you to let go of negative thoughts, to put aside things that hardly matter but affect you, and this remedy is perfect for countering stress issues.

- **Hypnotherapy**

This is another choice for those who cannot control their minds, have become hopeless due to the potent effects of stress, and want to break free from severe pain.



In this therapy, the mind is controlled by specific or technical aids provided by psychologists, so it can be pushed to the limit to break free from pain and give you a unique sense of relief.

Stress is not just a challenge or threat; it is a mental state that grows over time, arises due to specific issues, and worsens things. It is prudent to seek solutions, undergo specific therapies, or meditate to calm the mind, have a better but busy life, and ensure that stress doesn't affect you.
