

### Report of Seminar on Stress Management

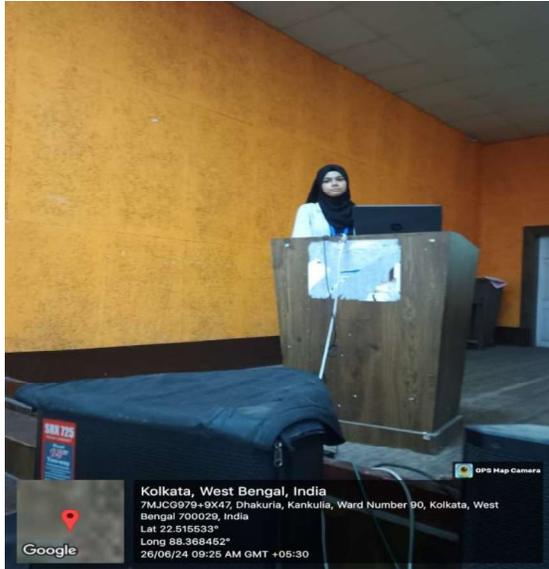
In today's hectic world, most of the people pass through a stressful state. The students are not of exception. The Department of Education, in association with IQAC, came forward to organise a seminar on Stress Management on 26<sup>th</sup> June, 2024.

**Smt Anindita Mukherjee**, one of the renowned Psychologists, conducted the workshop and shared her valuable insight.

The programme was organised with a view to develop life skills part of value -added life skill development. **The specific objectives** of the programmes are:

- 1.To acquaint students with the nature of stress
- 2.To identify stress in various situations
- 3.To show the ways to handle the situation properly.





## Outcomes

60 Students have shown their interest and interacted with resource person.

They enjoyed the session and expressed their views regarding the situations practically faced by them. They required more such programmes in future.



  
Principal  
(DR. RUNA BISWAS)  
Sivanath Sastri College

Principal  
Sivanath Sastri College



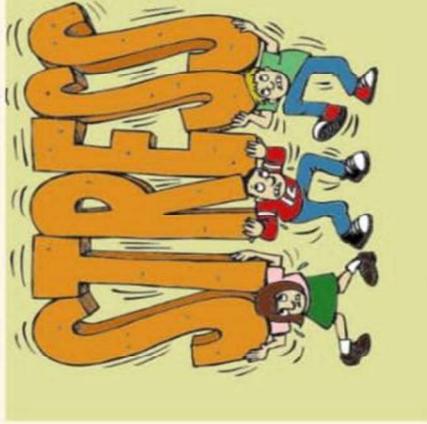
श्रद्धावान् सन्तो जगन्

**Sivanath Sastri College**

**VENUE: COLLEGE AUDITORIUM**

**26th June, 2024**

**SPEAKER:  
ANINDITA MUKHERJEE**



# STRESS



# Stress is a state of worry or mental tension caused by a difficult situation

*Stress is a natural human response that prompts us to address challenges and threats in our lives.*

*Everyone experiences stress to some degree .*

# Causes Of Acute Stress Disorder



01

Natural disasters



02

Accidents



03

Domestic violence



04

Physical or  
sexual assault



05

Life-threatening  
injury/terminal  
illness



06

Sudden death of  
a loved one



07

Mass shooting  
or witnessing  
a murder



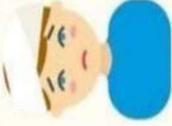
08

Terrorist attacks



09

Unexpected  
life crisis



10

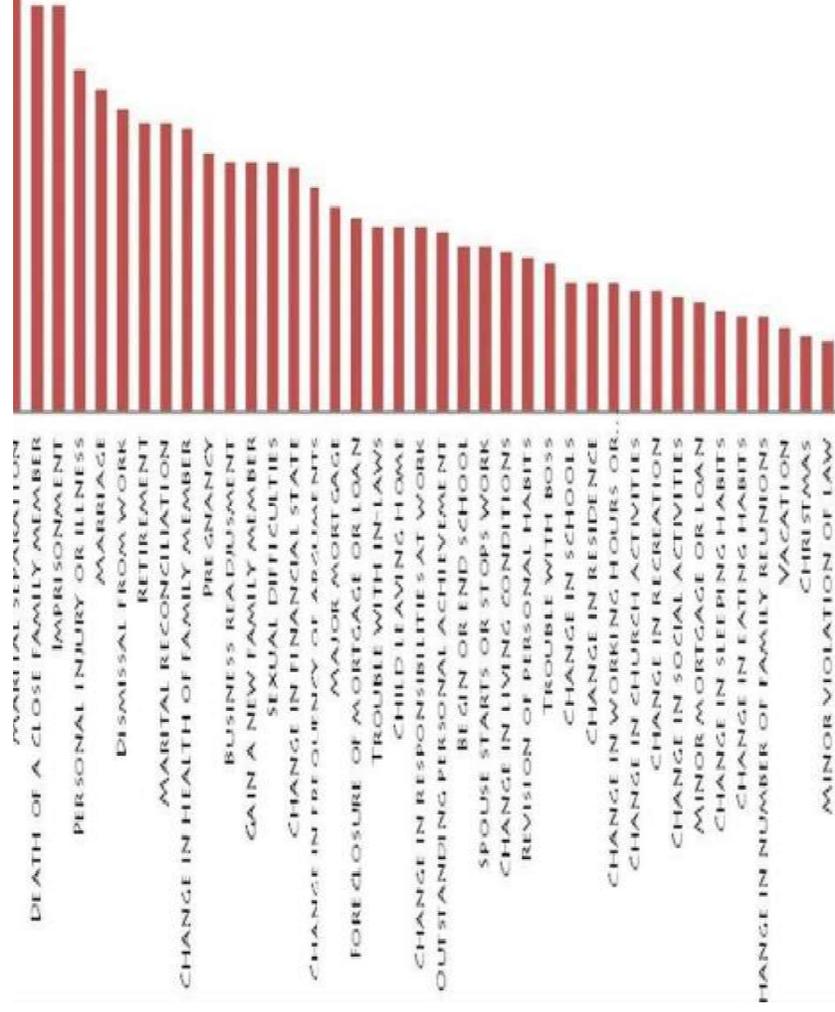
Surviving a brain injury



11

Facing difficult life challenges

## MAJOR LIFE STRESSORS



# TYPES OF STRESS:



POSITIVE

NORMAL STRESS & ANXIETY MAY BE INTENSE BUT RESOLVES QUICKLY.



TOLERABLE

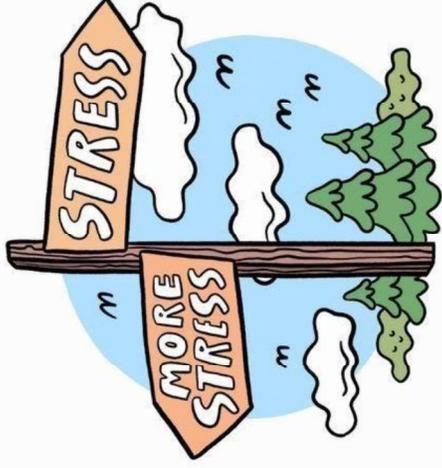
LONGER LASTING STRESS (GRIEF, JOB LOSS, ETC) CAN BE MITIGATED THROUGH HEALTHY RELATIONSHIPS.



TOXIC

INTENSE PROLONGED ADVERSITY WITHOUT SUPPORT.

@LINDSAYBRAMANE



## Eustress

- Makes us feel motivated, determined, or excited
- Improves focus & performance

## Distress

- Makes us feel anxious, overwhelmed, or frustrated
- Impairs focus & performance

**Mind**

Worrying  
Indecision  
Negativity  
Foggy Thinking  
Hasty Decisions  
Impaired Judgement

**Behavior**

Substance Abuse  
Loss of Appetite  
Accident Prone  
Restlessness  
Loneliness  
Insomnia

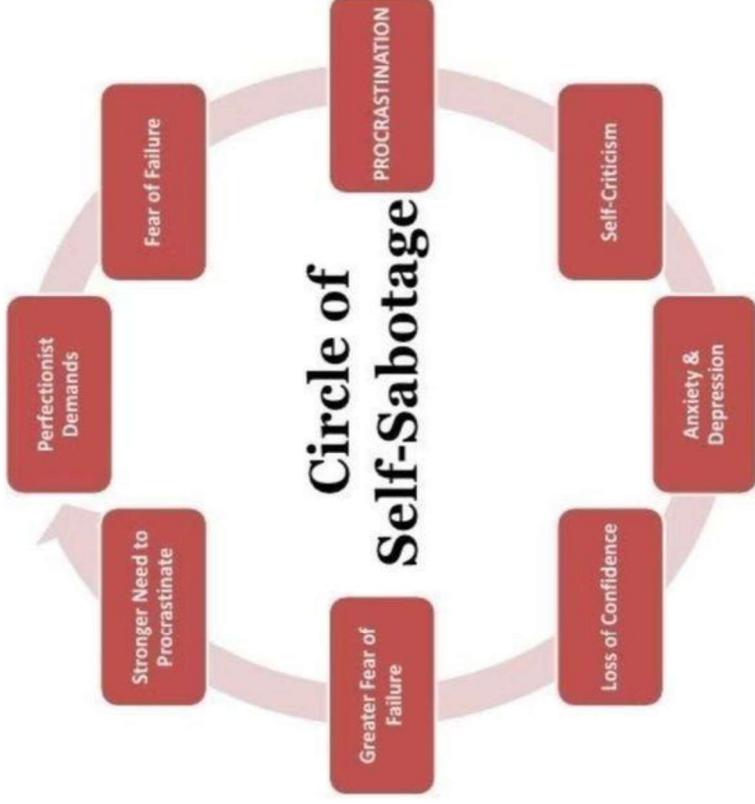
**Body**

Fatigue  
Headaches  
Taut Muscles  
Skin Irritations  
Frequent Infections  
Constricted Breathing

**Emotions**

Loss of Confidence  
Apprehension  
Indifference  
Depression  
Irritability  
Insomnia

# Stress



# THE WORRY CYCLE

DREAMS TO LIFE COACHING

DESTRUCTIVE THOUGHTS

INACTION

STRESS & ANXIETY

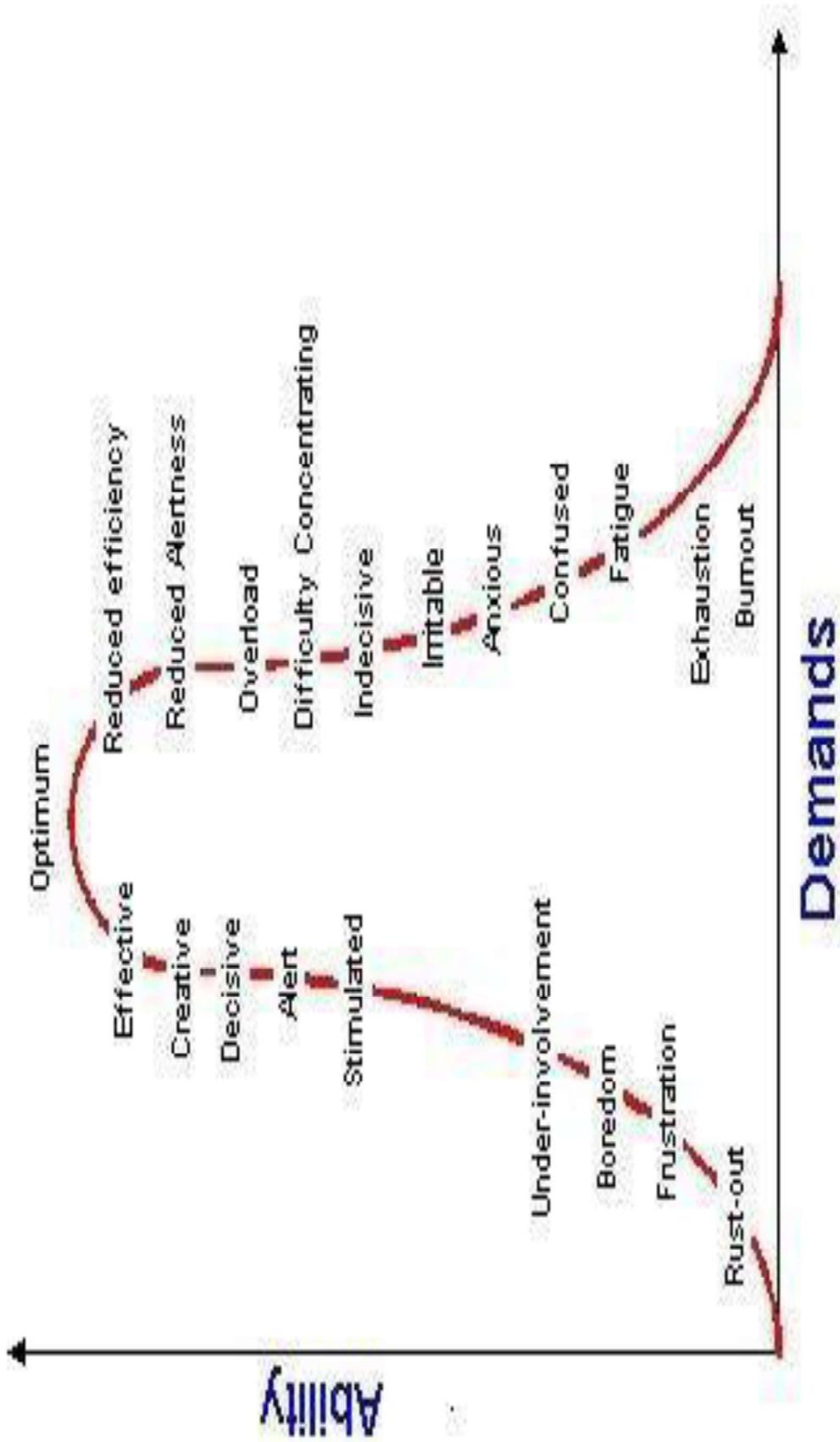
NEGATIVE COPING  
MECHANISMS

PHYSICAL  
SYMPTOMS

MENTAL BLOCKS

DREAMS TO LIFE COACHING





# The effects of stress on the body



Mood issues including anger, depression, irritability, lack of energy, concentration problems, sleeping issues, headaches. Mental issues including anxiety disorders and panic attacks.



Increased blood pressure, increased heart rate, higher cholesterol and risk of heart attack



In the immune system, there is reduced ability to fight and recover from illness



Stomach cramps, reflux, and nausea



Loss of libido, lower sperm production for men, and increased period pain for women



Aches and pains in the joint and muscles



Lower bone density

# THE EFFECTS OF STRESS ON YOUR BODY

PRESENTED BY THE GOODMORNING TOOLS COMPANY

## PRIMARY

IMMEDIATE, A URGENT RESPONSE TO A DANGEROUS THREAT

**SKIN:** PALES AS BLOOD DIVERTS TO VITAL ORGANS

**SWEAT GLANDS:** START UP TO COOL THE UNDERLYING AND OVERHEATED MUSCLES

**MUSCLES:** TENSE IN READINESS FOR ACTION

**LUNGS:** AIR PASSAGE DILATES, BREATHING MORE INTENSE TO PROVIDE MORE OXYGEN TO FEED INCREASE BLOOD SUPPLY

**HEART:** BEGINS TO POUND, SENDING BLOOD AROUND BODY CARRYING ENERGY AND HORMONES

**BLOOD:** THICKENS TO HELP IT CARRY MORE OXYGEN, FIGHT INFECTION & STOP BLEEDING

**LIVER:** GLYCOGEN CONVERTED TO BLOOD SUGAR TO GIVE 'SHORT DISTANCE' ENERGY

**DIGESTION:** BLOOD DIVERTED ELSEWHERE. MOUTH GOES DRY TO AVOID ADDING EXTRA FLUIDS TO STOMACH

**BLADDER & RECTUM:** MUSCLES RELAX TO RELEASE EXCESS LOAD

## SECONDARY

ONGOING RESPONSE TO UNDEALT WITH STRESS

**SKIN:** LESS BLOOD SUPPLY CAN LEAD TO DISEASES DEVELOPING

**HEART:** RACING HEARTBEAT AND HIGH BLOOD PRESSURE CAN LEAD TO STROKE/HEART ATTACK

**BLOOD:** HEART WORKS HARDER DUE TO THICKENED BLOOD

**MUSCLES:** ONGOING TENSION LEADS TO ACHES & PAINS, EVEN MUSCLE STRAIN

**LUNGS:** SUPER-OXYGENATED BLOOD CAN LEAD TO BLACKOUTS AND UP-SET HEART RHYTHMS

**DIGESTION:** SHUTDOWN CAN LEAD TO STOMACH PROBLEMS, PARTICULARLY IF YOU EAT ON THE RUN. INCREASE IN ACIDITY CAN CONTRIBUTE TO STOMACH ULCERS

**LIVER:** BODY'S OWN FATS AND PROTEINS BROKEN DOWN AND RELEASED TO PROVIDE FURTHER ENERGY

**CHOLESTEROL:** HIGH CHOLESTEROL IN BLOOD CAN CAUSE HARDENING OF THE ARTERIES

## WARNING SIGNS BELOW ARE SOME OF THE MESSAGES OUR BODIES SEND TO TELL US WE'RE STRESSED

### PHYSICAL

- SLEEP DISTURBANCES
- HEADACHES
- STOMACH PROBLEMS
- FATIGUE
- FLUSHING
- FLUSHING FACE (FEELS HOT)
- PROBLEMS WITH PERIODS (HEAVY OR LIGHT)
- LOSS OF LIBIDO
- LOW BONE DENSITY
- LOW ENERGY
- UNUSUAL WEIGHT CHANGE

### BEHAVIOURAL

- APPETITE CHANGES
- SOCIAL ISOLATION
- INCREASED ACCIDENTS
- INCREASED IRRITABILITY
- INCREASED ANGER
- INCREASED RISKY BEHAVIOUR
- INCREASED STRESS
- INCREASED SMOKING
- INCREASED ALCOHOL CONSUMPTION
- INCREASED Caffeine

### EMOTIONAL

- ANXIETY
- DEPRESSION
- IRRITABILITY
- LOSS OF INTEREST IN ACTIVITIES
- INCREASED STRESS
- INCREASED RISKY BEHAVIOUR
- INCREASED ACCIDENTS
- INCREASED SMOKING
- INCREASED ALCOHOL CONSUMPTION
- INCREASED Caffeine

### HORMONES & ENERGY

- LOW ENERGY
- LOW BLOOD SUGAR
- LOW TESTOSTERONE
- LOW ESTROGEN
- LOW CORTISOL
- LOW VITAMIN D
- LOW VITAMIN B12
- LOW VITAMIN C
- LOW VITAMIN E
- LOW VITAMIN K
- LOW VITAMIN A
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- LOW VITAMIN B100

# Typical Emotional Reactions to Stress:

MaryAnn Dawood @The.Peoples.Therapist

## Fight

Irritated  
Defensive  
Hostile  
Volatile



## Flight

Avoid  
Delay  
Anxious  
Withdrawn



## Freeze

Numb  
Apathy  
Detached  
Paralyzed  
Overwhelmed



# Signs and Symptoms of Stress

## Behavioral Symptoms

- ★ Decrease in sex drive/libido
- ★ Habitual craving for salty or sweet foods
- ★ Habitual craving for salty or sweet foods
- ★ Sleeping too much or too little
- ★ Neglecting responsibilities
- ★ Avoiding contact with others
- ★ Using alcohol, tobacco, or drugs to unwind
- ★ Using caffeine to stay going

## Emotional Symptoms

- ★ Constant worrying
- ★ Fearful anticipation
- ★ Agitation and moodiness
- ★ Restlessness
- ★ Short temper
- ★ Irritability, impatience
- ★ Inability to relax
- ★ Feeling tense and "on edge"
- ★ Feeling overwhelmed
- ★ Sense of loneliness and isolation

## Cognitive Symptoms

- ★ Forgetfulness
- ★ Poor short-term memory
- ★ Difficulty focusing
- ★ Indecisiveness
- ★ Difficulty concentrating
- ★ Trouble thinking clearly
- ★ Poor behavior/being unlike one's self
- ★ Racing or anxious thoughts

## Physical Symptoms

- ★ Chronic fatigue
- ★ Tense pain in head and/or back
- ★ Stiffness and tension in muscles
- ★ Constipation or diarrhea
- ★ Difficulty sleeping/insomnia
- ★ Increased heart rate/chest pain
- ★ Increase or decrease in blood pressure
- ★ Loss or gain in weight

**Doctor Wilson's**  
Original Formulations

**got stress?**  
*we've got the solution.™*

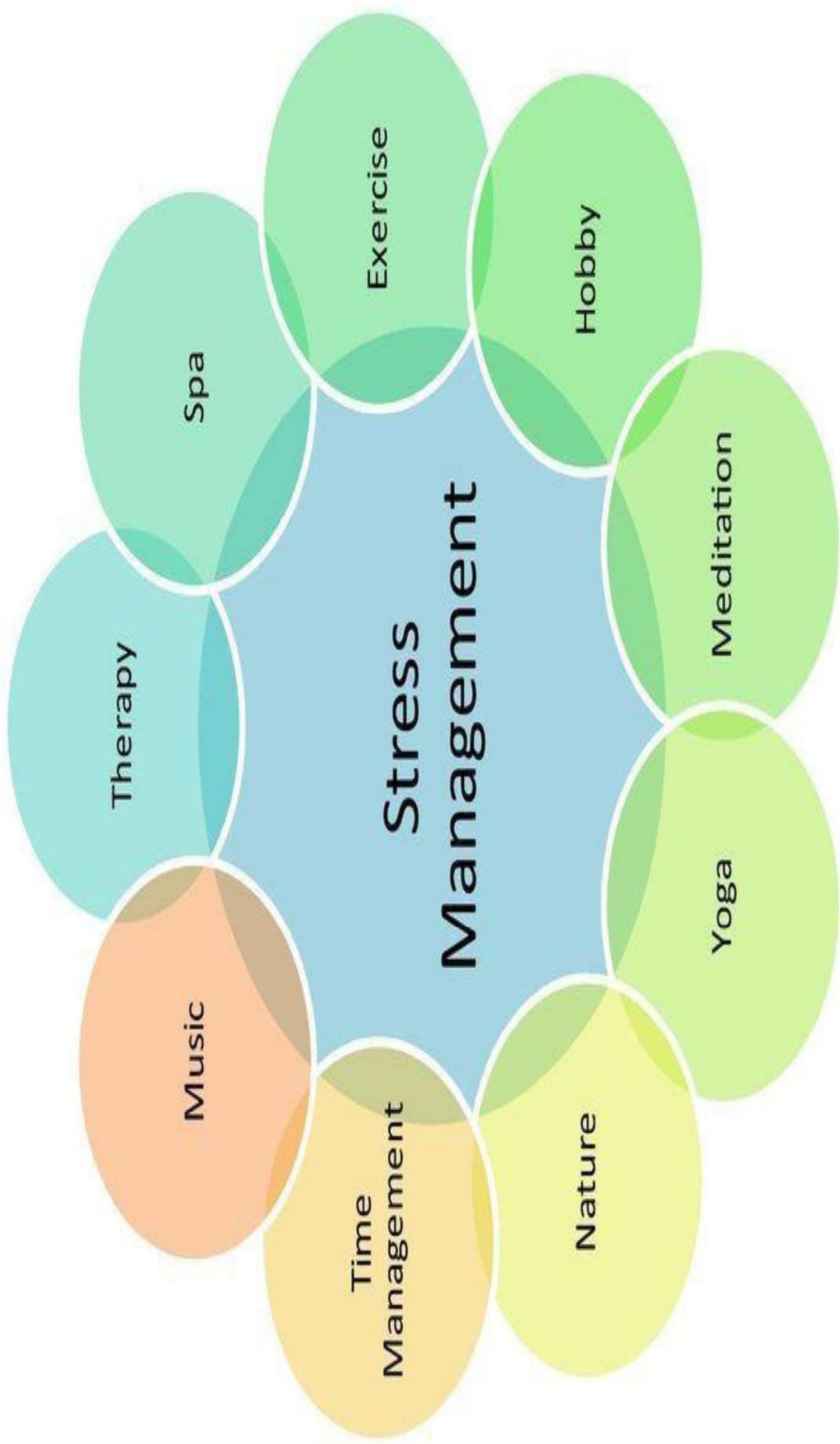




# How to Stop Suffering & STRUGGLING



to  
Live in  
this world?



# HOW TO GRACEFULLY HANDLE STRESS

**1**

Take In Deep  
Slow Breathe

**2**

Remember That  
You Can Only  
Control So Much

**3**

Lots Of  
Positive Talk To  
Yourself

**4**

Know Who &  
What To Give  
Your Energy To

**5**

Release Any Built  
up/Anger Through  
Physical Sports

**6**

Don't Bottle It Up  
Laugh About It If  
You Can

**7**

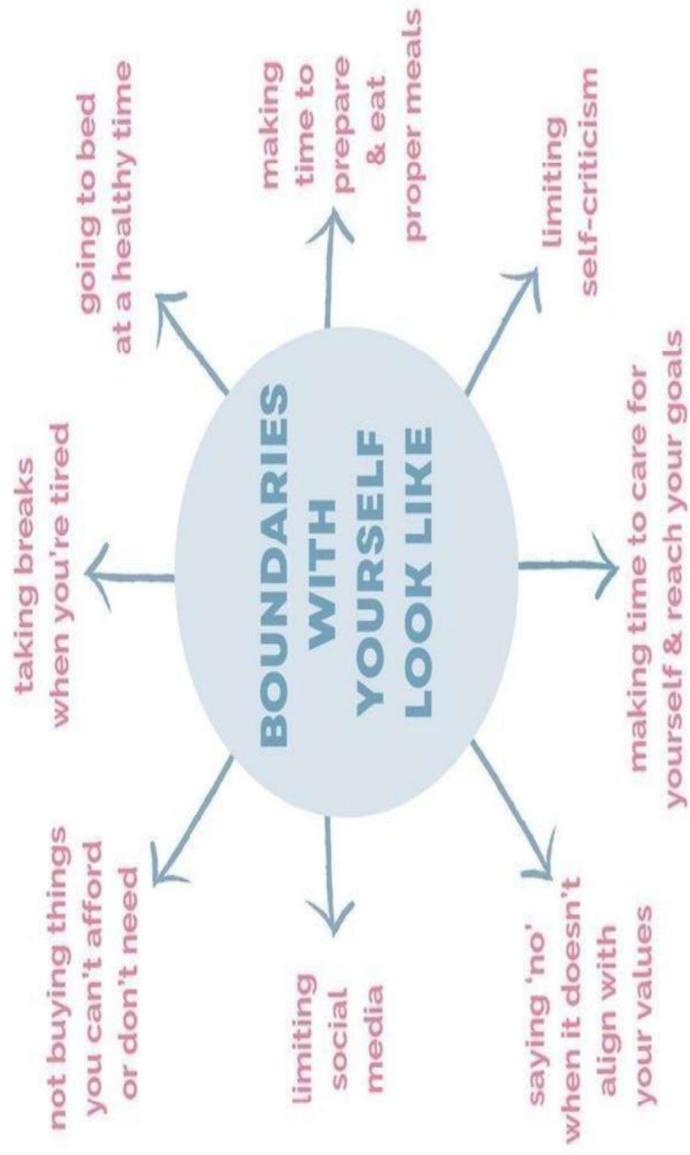
Speak To Or  
Confide In  
Someone

**8**

Hit Pause & Take  
A Moment To  
Regroup



WE WERE ALL MADE  
DIFFERENT TO LEARN FROM  
EACH OTHER.

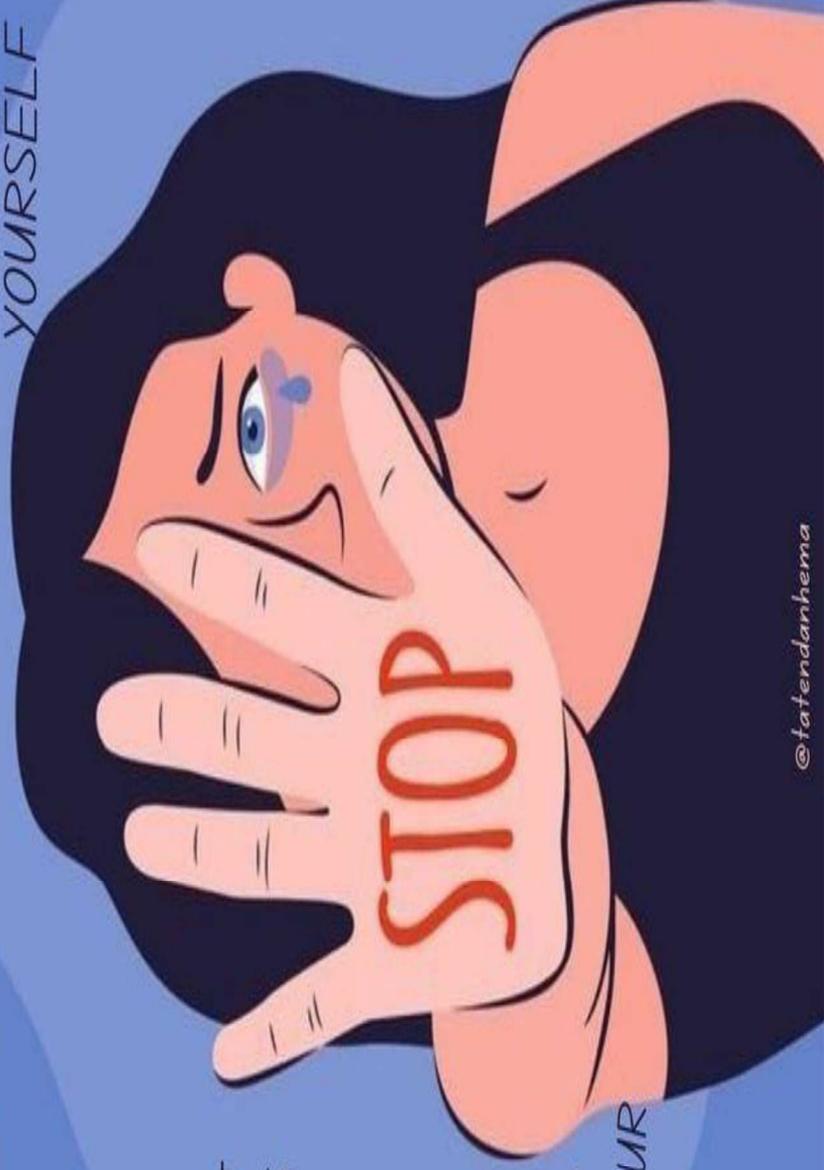


STOP LETTING PEOPLE  
NEGOTIATE YOU OUT OF  
YOUR BOUNDARIES.

STOP  
ALLOWING  
PEOPLE TO  
DICTATE WHAT  
YOUR HEALING  
SHOULD LOOK  
LIKE.

STOP TAKING IT  
PERSONALLY  
WHEN PEOPLE  
CHALLENGE YOUR  
BOUNDARIES.

STOP FEELING  
REMORSEFUL FOR  
CHOOSING  
YOURSELF



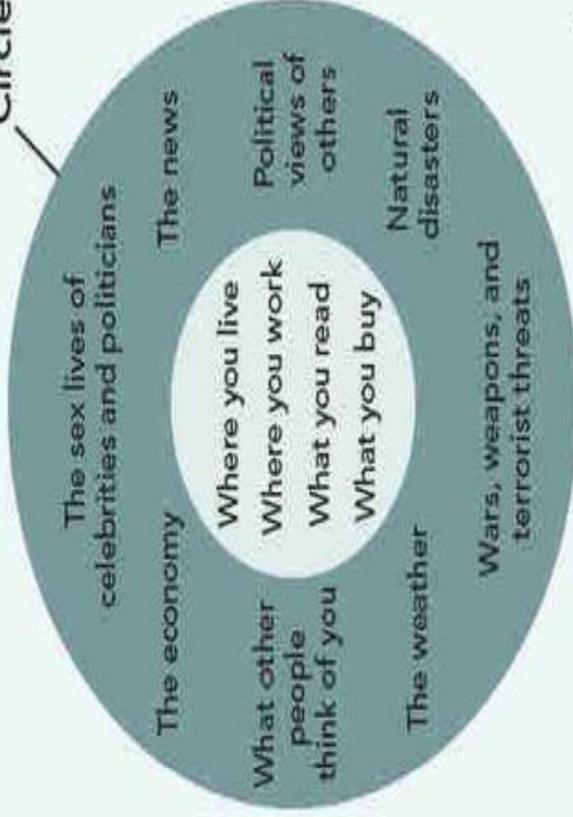
@fatendanhema

# Circle of Concern vs. Circle of Control

## How Reactive People Act

Large Circle of Concern and a small Circle of Control. A lot of time and energy is wasted reacting to issues that they can't control.

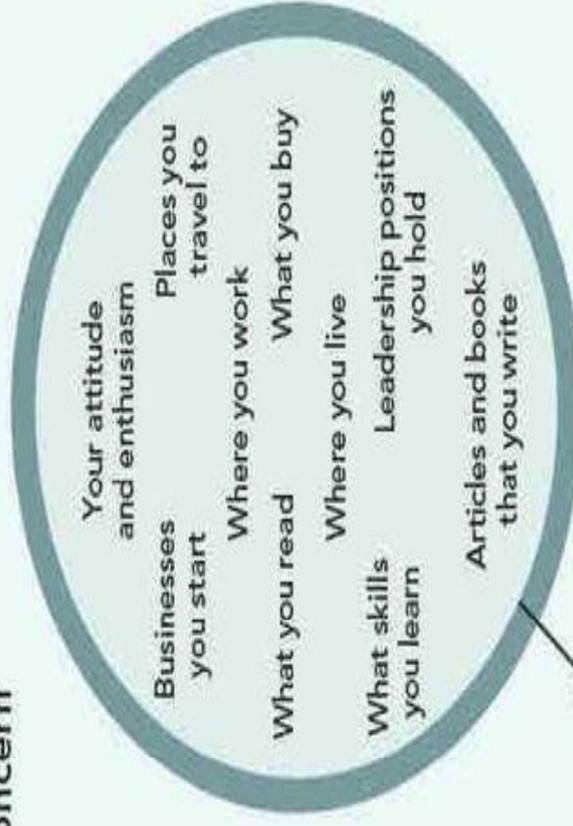
## Circle of Concern



## How Proactive People Act

Small Circle of Concern and a large Circle of Control. A lot of time and energy is focused on issues that are within their control.

## Circle of Control



If an egg is broken by  
an outside force, life ends.  
If broken by an  
inside force, life begins.  
**Great things always begin  
from the inside.**





**Everything  
comes to you  
at the right  
time.  
Be patient.**

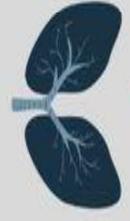
# PSYCHOLOGY FACT

**People who overreact in stressful or difficult situations are prone to depression.**



# ways to manage Stress

## INSTANTLY



Breathing Exercises



Watch Funny Things



Try Aromatherapy

## SHORT TERM



Go For A Walk



Journal Feelings



Practice Meditation

## LONG TERM



Make time For Leisure



Take time To Exercise



Eat Healthy

# FOR STRESS RELIEF, JUST TAKE A DEEP BREATH.

Start the week calm with four deep breathing techniques.



#DeStressMonday

DeStressMonday.org

DeStress  
MONDAY



THIS LEADS TO

## Emotional Burnout

Striving for perfection in all areas of life

Placing unrealistic expectations on yourself

Taking care of others but not yourself

Working hard without being appreciated for it

Trying to control what's out of your control

Supporting people without the emotional capacity to do so.



# Stress

# Burnout

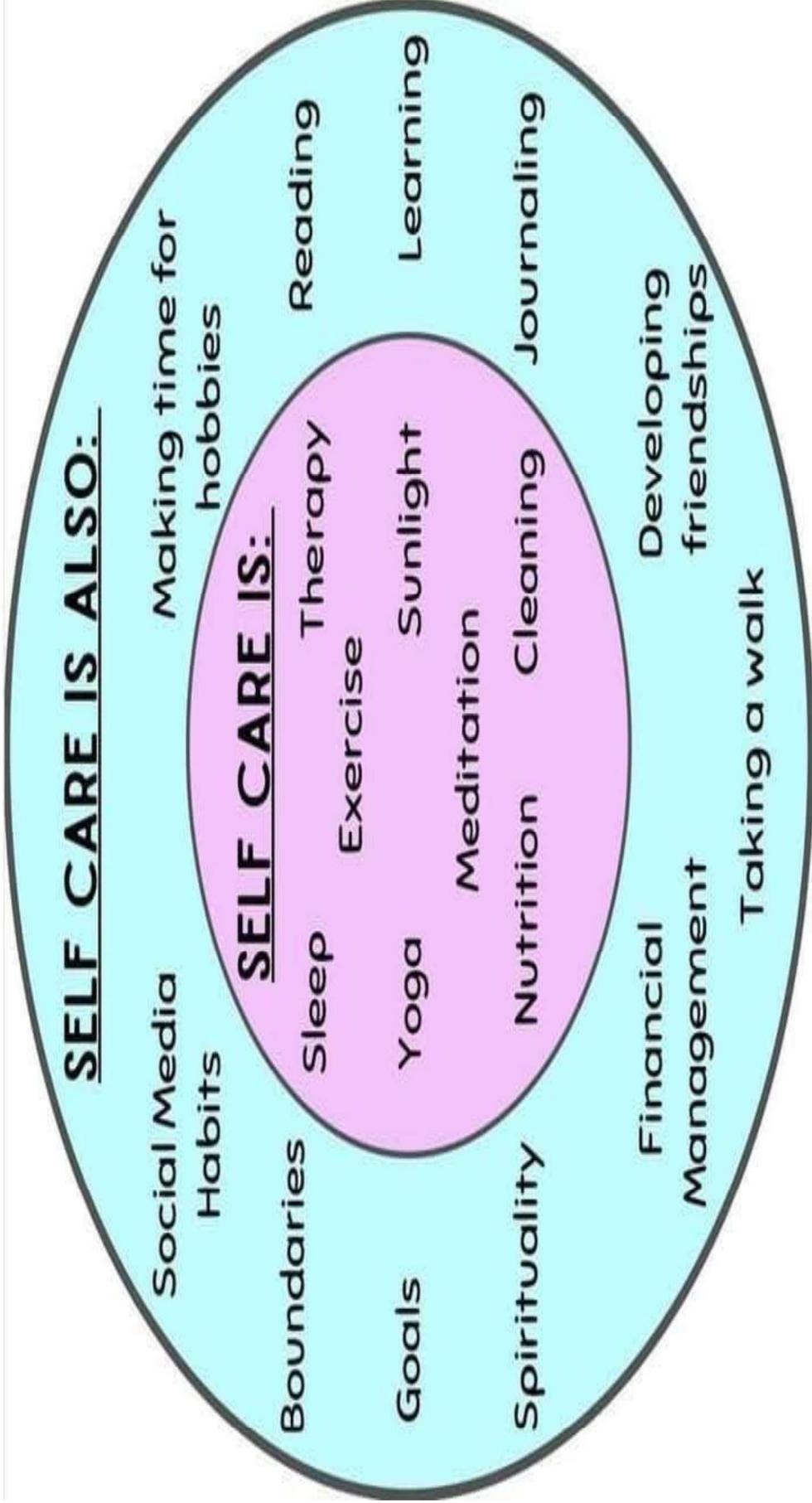


- OVER-ENGAGEMENT
- HEIGHTENED EMOTIONS
- SENSE OF URGENCY, HYPERACTIVITY
- DECREASE IN ENERGY
- INCREASES CHANCES OF ANXIETY
- PHYSICAL DAMAGE (PRIMARY)



- DISENGAGEMENT
- BLUNTED EMOTIONS
- SENSE OF HOPE/HELP-LESSNESS
- DECREASE IN MOTIVATION
- INCREASES CHANGES OF DEPRESSION
- EMOTIONAL DAMAGE (PRIMARY)

*Impact to emotional, physical, mental health*



# The 4 A's Of Stress Management

1

## Avoid

- Stressful situations
- Stressful people

- Negative feelings
- Negative actions



2

## Alter

- Stressful situations
- Behavioral strategies
- Communication methods

- Priority lists
- Schedules
- Social skills



3

## Accept

- Responsibilities
- Mistakes
- Good Communication

- Positive self-talk
- Forgiveness
- Saying "No"



4

## Adapt

- To situations
- To new schedules
- To new Standards

- To positive thoughts
- To positive actions
- Stress management strategies



# Where are you living?

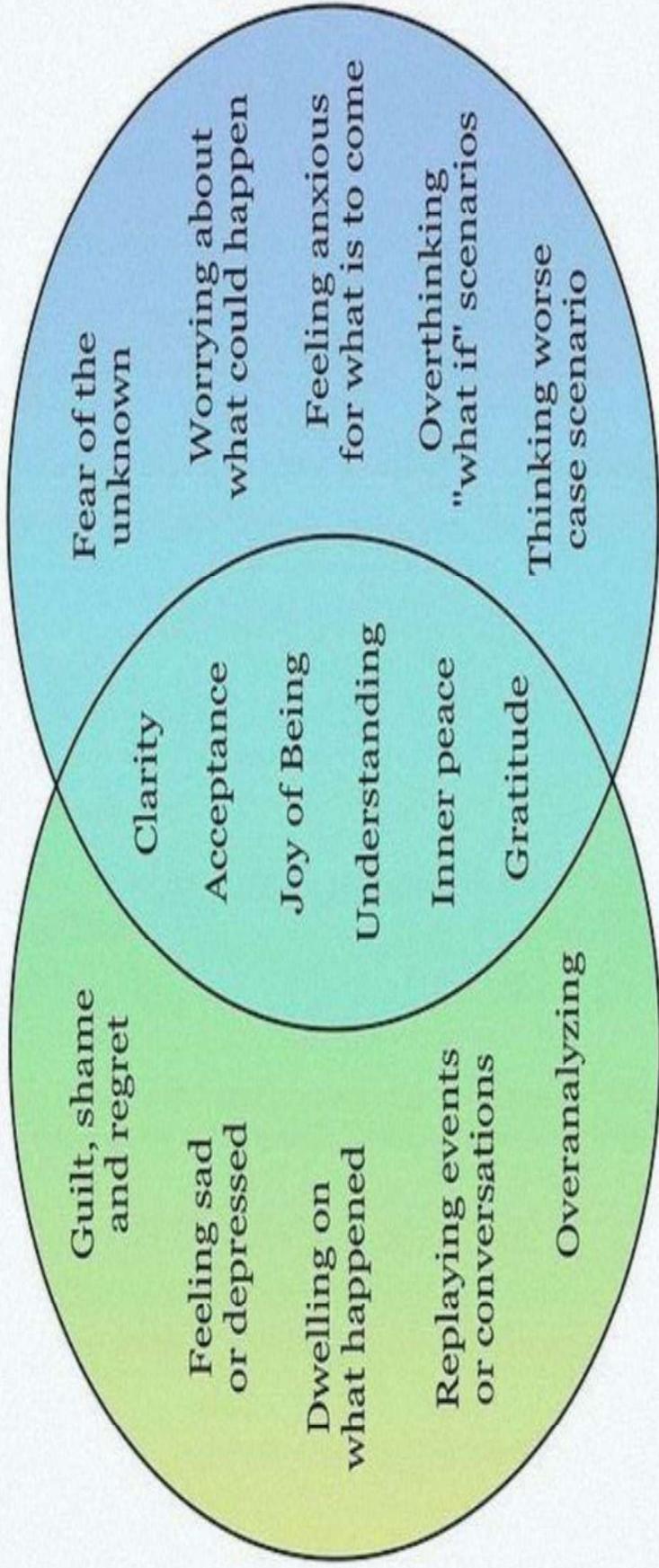
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Past

Present

Future

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*THANK YOU*

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Psychologist*

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