

# Stress Management Techniques

## Fastrack« Revision

- ▶ **Stress:** Stress is an emotional and physical damage usually due to our response to pressure from the outside world.
  - ▶ Any situation or thought that makes us annoyed, angry, frustrated or anxious can cause stress.
- ▶ **Symptoms and Effects of Stress:** Although we all experience stress differently, some of the common effects and symptoms of stress are: difficulty in sleeping, weight gain or loss, stomach ache, irritability, teeth grinding, panic attacks, excessive sweating of hands and feet, heartburn, headaches, nausea, fatigue, social isolation, emotional breakdown, obsessive behaviour, etc.

### 25 More Common Signs and Symptoms of Stress

- |   |  |
|---|--|
| 1. Tremors, trembling of lips, hands          | 14. Depression, frequent or intense mood         |
| 2. Neck ache, back pain, muscle spasms        | 15. Increased or decreased appetite              |
| 3. Light headedness, faintness, dizziness     | 16. Insomnia, nightmares, disturbing dreams      |
| 4. Ringing in the ears                        | 17. Difficulty in concentrating, racing thoughts |
| 5. Cold or sweaty hands, feet                 | 18. Forgetfulness, disorganisation, confusion    |
| 6. Frequent colds, infections                 | 19. Difficulty in making decisions               |
| 7. Unexplained or frequent allergy attacks    | 20. Nervous habits, feet tapping, fidgeting      |
| 8. Constipation, diarrhoea                    | 21. Increased frustration, irritability          |
| 9. Difficulty breathing, sighing              | 22. Overreaction to petty annoyances             |
| 10. Sudden attacks of panic                   | 23. Rapid or mumbled speech                      |
| 11. Chest pain, palpitations                  | 24. Frequent use of over-the-counter drugs       |
| 12. Excess anxiety, worry, guilt, nervousness | 25. Weight gain or loss without diet             |
| 13. Increased anger, frustration, hostility   |  |

- ▶ **Stress Management:** Stress management is not about learning how to evade or escape the pressures and confusions of modern living. It is about learning how to react to these pressures and develop skills that can help us in coping with stressful situation and reduce the impact of stress on our body.

- ▶ **Stress Management Plan Tips:** The following seven tips have been adapted from The American Psychological Association to support individuals in getting the best out of a stress management plan:

- ▶ Understand your stress.
- ▶ Identify your stress sources.
- ▶ Learn to recognise stress signals.
- ▶ Recognise your stress strategies.
- ▶ Implement healthy stress management strategies.
- ▶ Make self-care a priority.
- ▶ Ask for support when needed.

- ▶ **Stress Management Technique:** The technique of stress management is categorised into three groups:

Action-oriented Approach

It is used to take action to change a stressful situation.

Emotion-oriented Approach

It is used to change the way we see a stressful situation.

Acceptance-oriented Approach

It is used for dealing with a stressful situation, which we cannot control or handle.

- ▶ **Action-oriented Approaches:** Action-oriented approaches allow one to act and change the stressful situation. As Nelson and Hurrell said, "Stress is inevitable, distress is not".

- ▶ **Be self-confident:** Clear and effective communication is the key to self-confidence. When we are confident, we can ask for what we want or need and discuss if something is troubling or bothering us. Once you identify what you need to communicate, you can stand up for yourself and be positive in changing the stressful situation.



- ▶ **Reduce the noise:** Staying away from technology is an important way to slow down. Take out some quiet time every day and you will see and notice how all those things which looked urgent earlier become less important.
- ▶ **Manage your time:** Prioritise and organise your tasks to have a less stressful and more enjoyable life.
- ▶ **Emotion-oriented Approaches:** Emotion-oriented approaches are used to change the way we see stressful situations. In the words of William James, "The greatest weapon against stress is our ability to choose one thought over another".
  - ▶ **Affirmations and imagery:** The power of positive imagery and affirmations scientifically increases positive emotion. Replace the negative thoughts with positive statements. Change the way you see and experience the world.
  - ▶ **ABC technique:** The ABC technique was also originally created by psychologist Dr. Albert Ellis and was later adapted by Martin Seligman. The letters ABC stand for: A–adversity, or the stressful event; B–beliefs, or the way that you respond to the event; and C–consequences, the result of your

beliefs which lead to the actions and outcome of that event. The more optimistic are your beliefs, the more positive will be the outcome.

- ▶ **Acceptance-oriented Approaches:** Acceptance-oriented approaches are useful for dealing with a stressful situation which you cannot control or handle. Epictetus, the Greek Philosopher said, "Men are disturbed not by things but by the views they take of them".
  - ▶ **Diet and exercise:** You are what you eat. Have a balanced and healthy diet. Make simple diet changes such as reducing oil, caffeine and sugar intake.
  - ▶ **Meditation and physical relaxation:** Practice deep breathing, guided visualisations, yoga and guided meditation to relax the body. Yoga is very effective for stress relief because it encourages a good mood, increases mindfulness and gives a healthy dose of self-compassion.
  - ▶ **Build resilience:** Resiliency is our ability to bounce back from stressful or negative experiences. Resilient people accept that a situation has occurred, they learn from the situation and then move on.
  - ▶ **Talk it out:** Talking out is the best option to relieve stress. Talk to someone close to you about the things that bother or trouble you.



## Practice Exercise



### Multiple Choice Questions

- Q 1. Which of the following statements about stress is/are correct?
- a. It is an emotional and physical damage.
  - b. It is caused due to our response to pressure from the outside world.
  - c. Stress is inevitable.
  - d. All of the above
- Q 2. Which of the following is/are the symptoms of stress?
- a. Social isolation
  - b. Fatigue
  - c. Body aches
  - d. All of these
- Q 3. .... refers to focussing human efforts for maintaining a healthy body and mind, capable of withstanding stressful situations. [CBSE 2023]
- a. Artificial Intelligence
  - b. Stress management
  - c. Motivation
  - d. Emotional intelligence
- Q 4. Which of the following is not the benefit of stress management? [CBSE 2023]
- a. Boosts immunity
  - b. Reduces efficiency
  - c. Improves mood
  - d. Prevents behavioural problems
- Q 5. How many tips are adapted from The American Psychological Association to support individuals in getting the best out of a stress management plan?
- a. 3
  - b. 9
  - c. 7
  - d. 5

- Q 6. Which of the following technique can help in stress management?
- a. Going on vacation
  - b. Spending time with family and friends
  - c. Practicing Yoga
  - d. All of the above
- Q 7. In ABC technique, C stands for .....
- a. correctness
  - b. consequences
  - c. clarity
  - d. None of these
- Q 8. Which of the following techniques of stress management comes under the emotion-oriented approach?
- a. Medication and exercises
  - b. Affirmations and imagery
  - c. Physical reaction
  - d. Adequate sleep
- Q 9. How is yoga an effective tool for stress management?
- a. It encourages good mood
  - b. It gives a healthy dose of self-compassion
  - c. Both a. and b.
  - d. None of the above
- Q 10..... is our ability to bounce back from stressful or negative experiences.
- a. Deep breathing
  - b. Visualisations
  - c. Resiliency
  - d. Self-discovery
- Q 11. What causes stress?
- a. Work load
  - b. Family pressure
  - c. Deadlines
  - d. All of these
- Q 12. Which of the following statements is incorrect?
- a. Stress in any amount is good.
  - b. Stress is motivating.
  - c. Stress may affect our health.
  - d. None of the above



Q 13. Staying away from ..... is an important way to cope up with stress.

- a. exercise
- b. sleep
- c. technology
- d. games

Q 14. When do we use action-oriented approach of stress management?

- a. To deal with a stressful situation, which we cannot control or handle.
- b. To change the way, we see a stressful situation.
- c. To take action to change a stressful situation.
- d. None of the above

Q 15. Stress can be good if it is in ..... quantities.

- a. small
- b. large
- c. enhanced
- d. None of these

Q 16. Sonika gets up at 6 am and goes for her hobby classes. Then she comes back home and finishes her homework before going to school. She does all work by herself. No one tells her to do so. This is called.....

[CBSE SQP 2021, Term-1]

- a. Self-Awareness
- b. Self-Motivation
- c. Self-Regulation
- d. Discipline

Q 17. High expectations from self can leave one with chronic anxiety and stress, thus leading to ..... stress.

[CBSE SQP 2021, Term-1]

- a. Physical
- b. Emotional
- c. Mental
- d. Financial

Q 18. To perform well at work and life in general, you must be able to manage and improve yourself in various skills. Which of the following skills helps you to prioritise the things you have to do to remove waste and redundancy from work?

[CBSE SQP 2021, Term-1]

- a. Responsibility
- b. Time management
- c. Self-Awareness
- d. Adaptability

Q 19. Managing stress is about making a plan to be able to cope effectively with daily pressures. Always keep in mind the ABC of stress management. The acronym ABC stands for:

[CBSE SQP 2021, Term-1]

- a. Ability, Burden, Concise
- b. Adore, Belief, Cause
- c. Adversity, Beliefs, Consequences
- d. Adapt, Balance, Cooperate

## Fill in the Blanks Type Questions

Q 20. Stress can be good if it is in .....

Q 21. Staying away from ..... is an important way to cope up with stress.

Q 22. .... is the best option to relieve the stress.

Q 23. A guaranteed way to reduce the stress is through .....

Q 24. .... help us to reconnect with ourselves.

Q 25. .... is used to take action to change a stressful situation.



## Assertion & Reason Type Questions

Directions (Q. Nos. 26-30): In the questions given below, there are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the correct option.

- a. Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of Assertion (A).
- b. Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
- c. Assertion (A) is true, but Reason (R) is false.
- d. Assertion (A) is false, but Reason (R) is true.

Q 26. Assertion (A): The power of positive imagery and affirmations scientifically increases positive emotion.

Reason (R): Resiliency is our ability to bounce back from stressful or negative experiences.

Q 27. Assertion (A): Action-oriented approach is used for dealing with a stressful situation which we cannot control or handle.

Reason (R): Nature walk means walking in the local park or similar such activity. These walks may be done more than once a day for short periods of time during which we indulge in 'thought stopping', i.e., not to think about our day-to-day activities.

Q 28. Assertion (A): Action-oriented approach is one that allows a person to act and change the stressful situation.

Reason (R): Emotion-oriented approach is an approach used to change the way we see stressful situations.

Q 29. Assertion (A): Stress is the emotional and physical damage usually due to our response to pressure from the outside world.

Reason (R): Environmental stress is a response to happenings around us that cause stress, such as noise, pollution crowding, pressure of work, family tensions, etc.

Q 30. Assertion (A): Emotion-oriented approach helps us to change the way we see stressful situations, whereas action-oriented approach helps us to act and change the stressful situation.

Reason (R): Nausea related kind of stress builds up over a long time like by working too long or too hard at our job, school or home. It can also be caused by exercising too much or too long.

## Answers

- |                      |                |         |         |         |
|----------------------|----------------|---------|---------|---------|
| 1. (d)               | 2. (d)         | 3. (b)  | 4. (b)  | 5. (c)  |
| 6. (d)               | 7. (b)         | 8. (b)  | 9. (c)  | 10. (c) |
| 11. (d)              | 12. (b)        | 13. (c) | 14. (c) | 15. (a) |
| 16. (b)              | 17. (c)        | 18. (b) | 19. (c) |         |
| 20. small quantities | 21. Technology |         |         |         |

22. Talking out      23. exercise  
 24. Vacations      25. Action-oriented approach  
 26. (a)      27. (d)      28. (b)      29. (b)      30. (c)

## **Very Short Answer** Type Questions ↘

### Q 1. What is stress?

**Ans.** Stress is the emotional and physical damage usually due to our response to pressure from the outside world.

### Q 2. What are the symptoms and effects of stress?

**Ans.** Although we all experience stress differently, some of the common effects and symptoms of stress are: difficulty in sleeping, weight gain or loss, stomach ache, irritability, teeth grinding, panic attacks, excessive sweating of hands and feet, heartburn, headache, nausea, fatigue, social isolation, emotional breakdown, obsessive behaviour, etc.

### Q 3. Give one example each of following stress causal agents for students:

- (i) **Mental**                                      (ii) **Social**      [CBSE 2023]

**Ans.** (i) **Mental:** Students can be left overwhelmed, if they are unable to handle their examination marks and assignment submission deadlines.

(ii) **Social:** Discord among family members, peer pressure for doing things which students would generally avoid, status show off may lead to stress at times.

### Q 4. What do you mean by environmental stress?

**Ans.** Environmental stress is a response to happenings around us that cause stress, such as noise, pollution crowding, pressure of work, family tensions etc. Some of these may be under our control if we try to control them, whereas some may not be controllable by us. Identifying these environmental stresses and learning to avoid them or deal with them will help lower our stress level.

### Q 5. Explain the term fatigue related stress.

**Ans.** Fatigue related kind of stress builds up over a long time like by working too long or too hard at our job, school or home. It can also be caused by exercising too much or too long.

If we do not know how to manage our time well or how to take time out for rest and relaxation, we will become a victim of fatigue related stress. This can be one of the hardest kinds of stresses to avoid because many people feel that it is out of their control.

### Q 6. Define stress management.

**Ans.** Stress management is the set of techniques and programs intended to help people deal more effectively with stress in their lives by analysing

the specific stressors and taking positive actions to minimize their effects.

### Q 7. How does nature walk help to manage stress?

**Ans.** Nature walk means walking in the local park or similar such activity. These walks may be done more than once a day for short periods of time during which we indulge in 'thought-stopping', i.e., not to think about our day-to-day activities. Such an activity will help us to avoid 'burn out', promote adequate sleep, ease muscle tension and decrease mental worries.

### Q 8. Enlist the three approaches of stress management.

**Ans.** The three approaches of stress management are:

- (i) Action-oriented approach
- (ii) Emotion-oriented approach
- (iii) Acceptance-oriented approach

## **Short Answer** Type Questions ↘

### Q 1. What do you mean by internal stress?

**Ans.** Internal stress generates within human regarding the unreasonable matters. This internal stress is one of the most important kinds of stress to understand and manage because it keeps on building up as time passes.

For example, some people become used to the kind of hurried, tense, lifestyle of persons living in large cities. They even look for stressful situations and feel stress about matters which may not be stressful at all. This stress affects our work performance adversely. Internal stress is a result of unexpressed worries.

### Q 2. Why is it important to be self-confident to handle stress?

**Ans.** One of the best ways to handle stress is by becoming self-confident. When we feel good about ourself and are more positive, we can change the way we deal with stress. When we are confident, we can ask for what we want or need and discuss if something is troubling or bothering us. Once we identify what we need to communicate, we can stand up for ourself and be positive in changing the stressful situation. Being confident helps in becoming more relaxed and makes us able to handle stressful experiences, effectively.

### Q 3. How leisure helps to manage the stress?

**Ans.** Leisure means spending holidays with our family and friends, travelling to other areas in the country or outside and any other similar activities. Leisure gives us the benefits of enabling us to indulge in our interests, our hobbies, gives us a 'break' from stress, provides an outlet for relief and also provides social contact.

**Q 4. What are the seven tips that have been adapted from the American Psychological Association to support individuals in getting the best out of a stress management plan?**

**Ans.** The following seven tips have been adapted from The American Psychological Association to support individuals in getting the best out of a stress management plan:

- (i) Understand the stress
- (ii) Identify the stress sources
- (iii) Learn to recognise stress signals
- (iv) Recognise the stress strategies
- (v) Implement healthy stress management strategies
- (vi) Make self-care a priority
- (vii) Ask for support when needed

**Q 5. Discuss the action-oriented approaches of stress management.**

**Ans.** Action-oriented approaches allow us to act and change stressful situations. The following are the action-oriented approaches of stress management.

(i) **Self-confident:** When we're confident we can ask for what we want or need and discuss if something is troubling or bothering us. Once we identify what we need to communicate, we can stand up for ourselves and be positive in changing the stressful situation.

(ii) **Reduce the Noise:** Staying away from technology is an important way to manage stress. By taking out some quiet time everyday we see and notice how all those things which looked urgent earlier become less important.

(iii) **Manage Time:** Priorities and organise tasks to have a less stressful and more enjoyable life.

(iv) **Create Boundaries:** Set rules that outline what is acceptable and unacceptable. Setting up these boundaries will help us in gaining self respect and a stress-free life.



## Chapter Test

### Multiple Choice Questions

- Q 1. .... are a guaranteed way to reduce stress.
- a. Exercise
  - b. Yoga
  - c. Both a. and b.
  - d. None of these
- Q 2. A guaranteed way to reduce the stress is through .....
- a. exercise
  - b. vacations
  - c. smile
  - d. running
- Q 3. .... help us to reconnect with ourselves.
- a. Eating
  - b. Vacations
  - c. Smile
  - d. Running
- Q 4. .... is used to take action to change a stressful situation.
- a. Acceptance-oriented approach
  - b. Action-oriented approach
  - c. Emotion oriented approach
  - d. None of the above
- Q 5. .... approaches are used to change the way we see stressful situations.
- a. Acceptance-oriented
  - b. Action-oriented
  - c. Emotion oriented
  - d. None of these

### Fill in the Blank Type Questions

- Q 6. .... approaches are used to change the way we see stressful situations.
- Q 7. The ..... technique was also originally created by psychologist Dr. Albert Ellis and was later adapted by Martin Seligman.
- Q 8. .... approaches are useful for dealing with a stressful situation which you cannot control or handle.

### Assertion and Reason Type Questions

**Directions (Q. Nos. 9-11):** In the questions given below, there are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the correct option.

- a. Both Assertion the (A) and Reason the (R) are true and Reason (R) is the correct explanation of Assertion (A).
  - b. Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
  - c. Assertion (A) is true but Reason (R) is false.
  - d. Assertion (A) is false, but Reason (R) is true.
- Q 9. **Assertion (A):** Leisure means spending holidays with our family and friends, travelling to other areas in the country or outside and any other similar activities.  
**Reason (R):** The power of positive imagery and affirmations scientifically increases positive emotion. Replace the negative thoughts with positive statements.
- Q 10. **Assertion (A):** Physical exercise is an activity done to achieve physical fitness and overall health. It improves blood circulation, lowers blood pressure, clears the mind of worrying thought, improves our self-image, makes us feel better about ourselves and increases social contact.  
**Reason (R):** In meditation, we change from our normal activities to silence. We go beyond the noisy thoughts in the mind and enter a state of restful alertness.



Q 11. Assertion (A): The body experiences many healing effects which are the reverse of the 'fight-or-flight' response, such as decreased heart rate, normalisation of blood pressure, deeper breathing, reduced production of stress hormones, higher immunity, more efficient use of oxygen by the body and reduced inflammation.

Reason (R): External stress generates within human regarding the unreasonable matters. This external stress is one of the most important kinds of stress to understand and manage because it keeps on building up as time passes.

### Very Short Answer Type Questions

- Q 12. How is the emotion-oriented approach of stress management different from the action-oriented approach?
- Q 13. Define Acceptance-oriented approach in stress management.
- Q 14. Explain the words of Greek philosopher, Epictetus regarding Acceptance-oriented approaches.
- Q 15. What do you mean by Yoga? How it will be helpful in stress management?

### Short Answer Type Questions

- Q 16. Discuss the emotion-oriented approaches of stress management.
- Q 17. How does physical exercise help in management of stress?

