



You need some stress in your life! Does that surprise you? Perhaps so, but it is very true. Without stress, life would be dull and unexciting. Stress adds flavor, challenge and opportunity to life. But too much stress affects our physical and mental health. In this world many people suffer from stress, so let's learn to say 'No' to stress.

While you can't live completely free of stress, you can minimize its effect. Thus we can live a healthy life. When stress happens, it is important to recognize and deal with it. Here are some suggestions for handling stress.

What puts you in stress? Make a list of such situations and thoughts.

• **Try physical activity :**

When you are nervous, angry or upset, release the pressure through exercise or physical activity. Running, walking, playing,

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working in your garden or farm may help you. This exercise will help you be free from the stress. Remember, your body and mind work together.

- **Share your stress :**

It is helpful if you talk about your worries. Perhaps a friend, a family member, a teacher or a **counsellor** (સલાહકાર) can help you see your problem in a different way. If you find your problem serious, you can meet your doctor. Such help may help you say 'No' to stress.

- **Know your limits :**

If your problem is serious, and you cannot solve or change it, leave it aside. Don't fight the situation. Learn to accept what it is. Later on you will find some solution.

- **Take care of yourself :**

You are special. Get enough rest and eat well. If you don't eat properly, you will have less abilities to solve your problems. If stress doesn't allow you to sleep, you should meet your doctor.

- **Give time for fun :**

Adjust time for both work and enjoyment. For your **well-being** (good health) play is as important as work. Take break from your daily activity. Have fun and enjoyment.

- **Be a participant :**

One way to keep from getting bored, sad, and lonely is to go where it is all happening. Sitting alone can make you feel **frustrated** (દુઃખી). Instead of feeling sorry for yourself, become a participant. Offer your services in neighborhood or **voluntary organizations** (સ્વેચ્છિક સંસ્થાઓ). Help yourself by helping other people. Get involved in the world and the people around you, and you'll find they will be attracted to you. You will be on your way to making new friends and enjoying new activities.

- **Check off your tasks :**

A person cannot take care of all the things at a time. If you try so, you may not finish anything. It leads to stress. The better way is to make a list. Do them one by one. Give importance to the most important ones and do those first.

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- **Must you always be right ?**

Do other people upset you particularly when they don't do things your way? Try co-operation instead of opposing. It is better than fighting and always be "right." A little **give and take** (compromise) on both side will minimize stress. It will help you be happy.

- **It's okay to cry :**

A good cry can be helpful. It will give you relief. It also helps you stop headache and other physical troubles. Take some deep breaths. They also release tension.

- **The art of relaxation :**

The best way to avoid stress is to learn how to relax. For a while, don't pay attention to your worries. Find activities that give you joy. It can also be good for your mental and physical health. Forget about always winning. Focus on relaxation, enjoyment and health. Follow the method, that works for you. And thus you can say 'No' to stress.

Do it Yourself

Q.1 (A) Fill in the gaps with the words given in the bracket.

(together, affects, opportunity, flavour, accept)

1. We went to the ice-cream parlour yesterday and tested a new _____.
2. It is a famous saying that _____ never knocks twice.
3. In the mega-store we read this : We _____ all credit cards.
4. A child : I am afraid to go in that room.
Father : Why ?
Child : It is completely dark there.
Father : Don't worry. Let's go there _____.
I am with you.
5. My family doctor said that the spicy food _____ our health.

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(B) When do you feel stress ? Put ✓ mark.

	Situations	Yes	No
1.	Quarreling with friends		
2.	Entering the exam room		
3.	Giving a speech in the prayer hall		
4.	Loss of things		
5.	Answering my teacher's questions		
6.	Waiting in a queue		
7.	Traveling alone		
8.	_____		
9.	_____		
10.	_____		

Q.2 (A) Answer the following questions :

1. Why is it important to be a participant ?
2. How do we relax ourselves in a stressful moments ?
3. How does crying help us be free form stress ?

(B) What happens when you feel stress ? Put (✓) mark :

- begin to cry.
- have a headache.
- get angry quickly on silly matter.
- prefer to remain.
- suffer from a stomach-ache.
- pull my hair.
- shout
- walk here and there
- sleep more than usual
- _____
- _____
- _____

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