

Stress control techniques pp.docx

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Submission date: 19-Apr-2024 12:18PM (UTC-0400)

Submission ID: 2343753334

File name: tmp3ihiagir (28.07K)

Word count: 2082

Character count: 10900

STRESS RELIEF FOR WOMENS HEALTH

Manage Your Emotions

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ABSTRACT

Respire Well
To get the elucidation
To control all worries
To focus and solve issues
And not to quit.

Stagnation occurs when we are living to please other Instead of wondering" why this is happening to you, think of why it is happening to you." Stress in men and women is different but still shows the common effect physically and mentally to change the situation and events in one's life. Women's stress is experienced due to various reasons and issues based on their perceptions on various situations. The dictionary definition of tension includes hardship, strain, physical emotions or mental disability which arises due to their feeling of being low, uncontrolled self and various events in their life. Women suffers at least once or more in their life time.

Hassle has been identified as a significant contribution to various health issues in women, including cardiovascular diseases, mental health disorders, and reproductive health issues. Therefore, it is crucial to explore effective strategies for stress relief tailored to women's unique physiological and psychological needs. Our past memories are stresses. What happen to us is like something we are behind our mind constantly. It could be a small or big thing but holding an object on hand non shop is a difficult task.

This review synthesizes on variety of stress relief techniques which will be helpful to find what works best for you through experimentation and practice. Overall this review aims to provide insights into evidence based strategies for promoting women's health through effective stress management.

KEYWORDS

Stress, Stagnation, depression, anxiety, thoughts Synthesizes, Tension, Physiological, Psychological, Stress management, Strategies, Indicators, Emotions.

INTRODUCTION

Stress is a pervasive issue that significantly impacts women's health and well-being. Stress in women occurs due to various reasons like work pressures, care giving responsibilities, financial unbalances, relationship issues, societal expectations, lack of sufficient time and health issues etc. Hormonal fluctuations during menstruation, pregnancy and menopause, can also contribute to increase the stress levels.

By implementing targeted strategies for stress relief and mental wellness, women can reclaim control over their lives and give priority to their health. They are some warning signs to realize that women is under stress. It can vary from person to person, but common indicators includes changes in sleep patterns, increased irritability, difficulty in concentrating, muscle tension and changes in appetite etc.

This stress symptoms can affect the person thoughts, behavior and feelings. Stress leads to various health problems such as high blood pressure, heart disease, stroke, obesity, and diabetes. Empowering women to recognize their stressors a healthy coping mechanisms is essential for fostering resilience and promoting overall wellness.

This review synthesizes on variety of stress relief techniques like

1. Benefits of early hours
2. Regular workouts
3. Spiritual prayer

4. Journaling
5. Over thinking
6. Sharing is caring
7. Deep breathing
8. Plant your life
9. Into the nature
10. Changing our self- talk
11. Empowering life skills
12. Take a break
13. Music therapy
14. Healing our emotional pain
15. Eat healthy
16. Live one day for self
17. Regular health check
18. Herbal remedies and supplements
19. Get some restful sleep
20. Take a long drive

2 HOW CAN WE ELIMINATE STRESS

5 Women can manage stress by practicing healthy self-care strategies. Examine your negative stress signs and balance your physical, emotional, mental, occupational, social and spiritual needs. 2 To be different in your life what do you need to do to achieve more balance or potential? Here are the techniques were the women can make lifestyle change to promote their health and relieve from stress.

1. 3 **BENEFITS OF EARLY HOURS** - As said by Benjamin Franklin “Early to bed and early to rise makes a man healthy, wealthy and wise”. We must sleep at least 6 to 8 hours and wake up before the sunrise. The atmosphere at morning will be very pleasant and cool with lots of magical powers to boost up our mental and physical health. It shows the impact throughout our day. Spending sometime in silence and calm, helps our mind to become sharp and focused towards our targets. We can reduce our stress by getting plenty of sleep. We must rate our tension and try to reduce it by doing some activities. Listen to sounds in nature which relaxes our mind so much. Tensions create diseases but relaxation cures diseases. This relaxation can be made of early hours.

2. **WORKOUT REGULARY** - Give an energetic movement to your body to maintain physical fitness. Balance your weight with some workouts. Choose any physical workout like deep breathing, Meditation, Dance, Stretching, Yoga, Walking, Cycling, Swimming etc. These workouts will reduce all your tensions. Evening exertion help you to relieve the stress. It help us to sleep the better. Exercise reduces our levels of stress hormones adrenaline and cortisol and increases our brains productions of endorphins. According to Harvard Health endorphins are the feel good neurotransmitters responsible for the feeling called runners high. This is the sense of well-being and euphoria that many people experience after exercise.
3. **SPIRITUAL PRAYERS** – Silently repeat a chant or a short prayers or phrase. This method may give you the result of touching the dimension beyond the physical means. Keep all your ideas down before the creator. Sound is essence of creations. Keep calm and listen to universe and imagine everything I your life is possible and sure it works out. What-ever work you do, carry on with chanting.
4. **JOURNALING** – Make it a routine to write every day and allow your thoughts and words to flow. A journal is a useful tool for managing your mental health and helps to reduce anxiety, tension, and depression. Feel free to freely write down your thoughts and feeling on a piece of paper or in a book to get perspective and reduce stress. Expressing yourself is also one approach to deal with any stressful situations. Take a break from screens and digital devices to give your mind rest.
5. **OVER-THINKING** – Impermanence is like the one constant in life. Everything changes, seasons change, people change even our thoughts and feelings change and nothing stays the same forever. If this is the fact and if you realize this truth you will not overthink and feel anxious. Dealing with a problem is an event but healing is journey. It takes time. Calm your overthinking mind with meditation, sure you feels relaxed.
6. **SHARING IS CARING** – Being kind and compassionate to others is pro-social behavior that fosters goodwill and strengthens relationships with others. Share your thoughts with the people who can accelerate a sense of belonging and support which can energize our self and further reduce stress.

7. **DEEP BREATHING** – Regulate your breathing. when you breathe deeply to relax, it will manage your thoughts. It will also send a message to your brain telling it to quiet down and relax. When you are stressed, your heart rate increases, your blood pressure rises, but if you breathe deep all the above will be in control and you feels relaxed.
8. **PLANT YOUR LIFE** – Concentrating on immediate tasks of gardening can reduce negative things and makes us feel better. Spending time around plants eases stress for many people and builds positive attention of our self. Gardening makes you feel peaceful and boosts our self-esteem. If you are having a problem to stay focused on a tasks, gardening can help you to concentrate more.
9. **INTO THE NATURE** – Nature helps us to recover from depression and anxiety by creating the impression that we are a small part of the vast universe. A stroll through meadows, along the beach, or just taking a peaceful stroll breaks the cycle of thoughts racing through your head.
10. **CHANGING OUR SELF TALK** – The internal monologue that arises from the inner voice's built in biases and beliefs must always be positive, such as "I can do it if I want to do it " or "it doesn't matter if I make a mistake ". "By engaging in this kind of self-talk first think in the morning, you can set yourself up for success.
11. **EMPOWERING LIFE SKILLS-** One of the most important life skills that every person should possess is the ability to cook under pressure. It involves recognizing and accepting the role that stress plays in our lives, dressing accordingly, and balancing it with other demands on our time. It also involves dealing with the accompanying emotions and seeking out the most beneficial solutions.
12. **TAKE A BREAK** – Many of us think that hard work and hustle are the key to success but research indicates that taking breaks is important for our well-being and for maintaining high levels of creativity and productivity. Taking break is not a sign of laziness but enhances our ability to concentrate and focus while lowering our stress levels.

13. **MUSIC THERAPY** – We can release the stress by relaxing our muscles and feeling better emotionally and physically when we listen to music for at least 45 minutes. Music also helps to elevate our mood and divert our attention from unfavorable thoughts, so feel free to turn up the tunes whenever you need to decompress.

14. **HEAL YOUR EMOTIONAL PAIN** – There are two things you can do when something hurts you: either you become wiser or you stay wounded. The more hurts the more you experience in life the more wise you must become, but sadly, most people become wounded because they use trivial justifications to turn their own intelligence into hurt feelings. Human emotions and thoughts happen to all of us; don't be overly conscious of what to do or what not to do instead learn to reframe negative thoughts into more realistic or positive ones. Reducing stress frequently entails taking care of the underlying emotional suffering.

15. **EAT HEALTHY** – Certain foods and drinks may have the ability to reduce stress. Consuming food high in omega 3 fatty acids lowers our stress levels. Eating a good diet can help you feel less stressed because it provides you with important nutrients and supports brain functions and increases regulation. Dark chocolate, yogurt, seeds, nuts, oranges, leafy vegetables, and fruits fight against illness and stress.

16. **LIVE ONE DAY FOR YOURSELF** – Taking a day to focus on your self can definitely help to reduce stress. Self-care looks different for everyone so feel free to customize this plan to suit your own preferences and needs. Give priority to the activities that help you to feel relaxed, rejuvenated and balanced.

17. **REGULAR HEALTH CHECK** – Frequent checkups reduce worry and stress related to the unknown by reassuring you about your present state of health and demonstrating your pro-active efforts to maintain your well-being.

18. **HERBAL MEDICINES AND DIETARY SUPPLEMENTS** – Among the herbal medicines for stress reduction are lavender, lemon balm, chamomile and passion flower. Ashwagandha is used by practitioners as a general tonic to increase energy and decrease worry and tension. It is also advantageous to lessen

Alzheimer's overall. Lavender relieves anxiety and settles tense muscles. For some people, the aroma of lavender is calming.

19. **GET SOME RESTFUL SLEEP** – When you are exhausted you are less patient and more quickly upset, which can rise your stress levels. Getting enough sleep helps you to handle stress more readily. For everyone to be worry free, they need to sleep for six to eight hours per night.

20. **TAKE A LONG DRIVE** – A lengthy drive can help you relax. Take a trip into the countryside and away from stressful environments to breakup with your daily routine. Don't think of it as running away from difficulties; rather, utilize the time to reconnect with yourself and discover the energy you need to overcome problems.

CONCLUSION

Women face a unique set of challenges in today's world, often leading to heightened levels of stress and anxiety. However incorporating the above stress relief techniques into our daily life can help you better to cope with the demands and challenges that come your way. Remember that stress is a common part of life but managing it effectively is crucial for our mental and physical wellbeing. By prioritizing the mental, emotional and physical health, balance and joy in all aspects of life.

Remember that even tiny, regular changes can have a significant impact on stress management and improving general quality of life. Women can empower themselves to better manage stress and enjoy happier, healthier lives.

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