

Prof. Saroj Lakhadive: Techniques to be applied by family to reduce the educational stress among the students

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Techniques to be applied by family to reduce the educational stress among the students

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Many people experience stress as they combine busy lives and the demands of study and or work while trying to also save time for friends and family. For some people stress becomes almost a way of life. We all experience episodic stress - getting ready for a major exam, completing an important paper, perhaps getting ready for an important interview. However a continuous "state" of stress should not become a way of life. We know that stress over a prolonged period of time can have increased certain health risks.

What is Stress?

Stress is simply the body's non-specific response to any demand made on it. Stress is not by definition synonymous with nervous tension or anxiety. Stress provides the means to express talents and energies and pursue happiness; it can also cause exhaustion and illness, either physical or psychological; heart attacks and accidents. The important thing to remember about stress is that certain forms are normal and essential. As the body responds to various forms of physical or psychological stress, certain predictable changes occur. These include increased heart rate, blood pressure, and secretions of stimulatory hormones. These responses to stress will occur whether the stress is positive or negative in nature. In lay terms, it is known as the "fight or flight" mechanism. Continual exposure lowers the body's ability to cope with additional forms of psychological or physiological stress. The results of continuing stress may cause disruption in one or more of the following areas of health: physical, emotional, spiritual, and social.

Recognizing Stress

The following are indicators that you may be experiencing stress.

- General irritability
- Elevated heart rate
- Increased blood pressure
- Increased accident proneness
- Floating anxiety-anxious feeling for no specific reason
- Trembling
- Insomnia
- Headaches
- Indigestion
- Pain in neck and/or lower back
- Changes in appetite or sleep Pattern.