



## Stress, Depression and Obesity

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### ABSTRACT:

Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline. But when stress lasts for a long time, it may harm your health. Your stress level will differ based on your personality and how you respond to situations. Some people let everything roll off their back. To them, work stresses and life stresses are just minor bumps in the road. Stress can make your body hurt and make you feel sluggish and tired. In fact, sleep disruptions are one of the hallmark symptoms of being overly stressed. Some of the most common physical signs of stress include stiff neck and back pain, headaches, and decreased energy level. Depression can make it much more difficult to control or cope with stressors, but seeking out counseling or therapy or taking medication can allow you to better confront stressors and deal with them in a positive. Constructive way.

### INTRODUCTION:

Stress is a person's feeling that is created by our body when there is certain event that can cause tension to strain upon our physical, mental, and emotional state. Stress can be caused by being in college, the tests, homework, clinical and state boards can have an overwhelming amount of pressure. Stress can be physical and mental strain on our body, this can be harmful. The tragic loss of a loved one can cause tremendous amount of stress. Learning to cope with the diverse types of stress can be beneficial to our health. There are pharmacological ways to help with stress and non-pharmacological ways. The factors like external demands, internal needs and values, personal coping resources and external resources for support and the proper balance between each of them will determines whether a particular situation will be stressful or not. Coping strategies can be either positive or negative. Positive or adaptive strategies decrease the amount of stress perceived and experienced, while negative or maladaptive strategies diminish symptoms of stress without addressing the real problem or disorder. Coping ability varies to the extent that a person perceives a situation as stressful Coping-strategy selection varies among people and populations based on situational, sexual, personal, and cultural differences. Many things in life are beyond our control, particularly the behavior of other people. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems. Stress is an automatic response from your nervous system; some stressors arise at predictable times your commute to work, a meeting with your boss, or family gatherings, for example. When handling such predictable stressors, you can either change the situation or change your reaction. When deciding which option to choose in any given scenario, it's helpful to think of the four A's: avoid, alter, adapt, or accept.

### CAUSES OF STREES:

1. being unhappy in your job
2. Having a heavy workload or too much responsibility
3. Working long hours
4. Having poor management, unclear expectations of your work, or no say in the decision- making process
5. Working under dangerous conditions



6. being insecure about your chance for advancement or risk of termination
7. Having to give speeches in front of colleagues
8. Facing discrimination or harassment at work, especially if your company isn't supportive
9. Divorce, thoughts, feelings, and behaviours
10. Poor time management

### THE WAYS TO OVERCOME STRESS

Stress is a normal part of life and something you cannot control, however you can control your response to stress. Sometimes the stress comes from inside, rather than outside. You can stress yourself out just by worrying about things. All of these factors can lead to stress: Fear and uncertainty. When you regularly hear about the threat of terrorist attacks, global warming, and toxic chemicals on the news, it can be because you feel stressed, especially because you feel like you have no control over those events.

1. Practice good sleep hygiene. Yes, there IS such a thing as sleep hygiene, which includes techniques having a consistent sleep and wake up time (if you don't, you wind up functioning in a state of "jet lag"), avoiding caffeinated and alcoholic drinks close to bedtime, practicing getting into a relaxed state when you go to bed, and shutting off electronic devices.

2. Give yourself regular breaks. Take a walk, stop working and eat a good dinner (not from the vending machine!) or talk with a friend. Give your mind a moment to rest and reorganize. Contrary to many people's first instincts when they are stressed, taking breaks actually makes you more efficient, more energetic, and better able to tackle the challenges in front of you.

3. Regularly practice self-soothing techniques. Think about the 5 senses, and this will give you clues as to how you can give yourself comfort. What works for you? Listening to music, taking a bath, watching a movie, getting a massage, relaxation, yoga are all on the long list of possible ways to self-soothe. Make efforts to include these strategies in your daily routine as they will help you cope with stress and prevent becoming more stressed.

4. Exercise regularly. Ironically, exercise is one of the first things to fall by the wayside yet is one of the most important coping techniques in terms of reducing tension and increasing energy! No matter how stressed and frantic you are feeling, remember that a brisk 20 minute walk will likely help.

5. Maintain a healthy diet. When your mind is full of worries and pressures, many people find that they slip into "mindless eating" Maintaining a balanced diet of foods that provide a more constant source of energy can be a great first line of defence against the adverse effects of stress.

6. Limit your consumption of alcohol and other mood altering substances While a couple of glasses of wine at night can take the tension out of your shoulders for the moment, it can cause sleep disruptions and an increase in depressed mood, which, in turn, keeps your stress levels high, and increases your tension for the next day.

Getting support plays an essential role in overcoming depression. On your own, it can be difficult to maintain a healthy perspective and sustain the effort required to beat depression. At the same time, the very nature of depression makes it difficult to reach out for help. When you're depressed, the tendency is to withdraw and isolate so that connecting to even close family members and friends can be tough. Try and implement a few of these ideas each day, even if you're feeling good.

1. Spend some time in nature
2. List what you like about yourself
3. Read a good book
4. Watch a funny movie or TV show



5. Take a long, hot bath
6. Take care of a few small tasks
7. Play with a pet
8. Talk to friends or family face-to-face
9. Listen to music
10. Do something spontaneous One of the most important tools in your recovery arsenal. Research shows that regular exercise can be as effective as medication for relieving depression symptoms. It also helps prevent relapse once you're well.

#### CONCLUSION:

Effective stress management helps you break the hold stress has on your life, so you can be happier, healthier, and more productive. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and the resilience to hold up under pressure and meet challenges head on. But stress management is not one-size-fits-all. That's why it's important to experiment and find out what works best for you. There are many healthy ways to manage and cope with stress, but they all require change. You can either change the situation or change your reaction. When deciding which option to choose, it's helpful to think of the four as: avoid, alter, adapt, or accept.

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