



Stress -The Major Obstacle in Experiencing Euphoria

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ABSTRACT

The term “stress”, as it is currently used was coined by Hans Selye in 1936, who defined it as “the non-specific response of the body to any demand for change”. Speaking of origin, we must noticeably talk about its evolution through the centuries. If we have lived in early 14th century, we would most probably use the term stress but it had very little to do with our psychological state. As most people know, the 18th and 19th centuries are associated with a period of intense scientific and industrial progress. The physical sciences, most notably engineering, began to use terms like stress, strain, resilience, pressure, and elasticity to describe the effects of materials anyways the stress related with ourselves, the one which consumes us and eats up our mental stability is been experienced by half of our people which is really disturbing. So in this paper we will be knowing more about this phenomenon and learn about things which help us to cope up with this condition.

Keywords : Stress, Emotion Regulation, Cognitive Behavioral Therapy

I. INTRODUCTION

Stress is defined as any type of change that causes physical, mental, or emotional or the overall psychological strain. It is our body's response to anything that requires attention or action as this condition demands it.

How is it really caused?

Stress is a normal part of life that can either help us learn and grow or can cause us significant problems. So, there are so many factors that cause stress and may also increase the degree of harm and adversity. Stress is mainly caused because of being under lots and lots of pressure. Speaking about stress in modern

era, it is also caused by the inferiority we feel and the lack of confidence. The following factors are stress causing agents

- Facing big and massive changes all of a sudden.
- Worrying too much about the future.
- Overthinking.
- Boredom and eventually feeling irresponsible.
- Uncertainty or waiting for an important outcome.
- Job issues and problems in workplace.
- Money bereavement
- Family problems
- Marriage and divorce.

Is there types? Indeed!

There are so many other different causes for stress. Teenage stress is one important condition where every teenager goes through it. Teenage stress is caused mainly by feeling incompetent, comparison with fellow mates, bullying, indiscrimination, gender differences, racism, love and romantic life, the overwhelming feeling of heightened responsibilities etc [1-5].

a. Acute Stress

It is a minor form of stress, for example if we are facing an entrance exam to a particular university, we mandatorily fear about the outcome or the end result, and eventually after the results are out, we will be at ease and the stress automatically vanishes.

b. Chronic Stress

Chronic stress is not for a short period of time, it is definitely prolonged for a long period of time. It is applicable in a life of an individual from below poverty line of this society.

c. Stress and its Biology

- Stressful experiences are associated with various physiological changes in the body:
- Flight and fight response (acute stress), It refers to physiological reaction of the body.
- it prepares the body either to flight(runaway) or fight(stand)when confronted by a threat.

d. General Adaptive Syndrome

• PHASE (1)-ALARM REACTION

When threat is recognized the physiological arousal occurs (seeing a snake)

• PHASE (2)-STAGE OF RESISTANCE

If stress continues body tries to adapt and changes in the body to reduce the stressor.

• PHASE (3)-STAGE OF EXHAUSTION

If stress is not resolved in second phase the body collapses quickly, particularly the immune function (cardio diseases, ulcer)

e. Some of the Effective Coping Strategies

So basically, coping refers to the ways in which we came overcome stress. Coping strategies include thoughts and behavior which we use to manage the demand of stressful situation.

PROBLEM FOCUSED COPING

It involves tackling or dealing with the problem that is causing stress and finding a resolve.

EMOTIONAL FOCUSED COPING

It is managing the stress causing feeling (agent) and self-controlling.

ENGAGEMENT COPING

It is actively dealing with the stressor or emotions related with that stress. It includes emotions such as support seeking, emotion regulation, acceptance and cognitive restructuring.

DISENGAGEMENT COPING

It is the response such as avoidance, denial and wishful thinking. It involves an attempt to escape the feeling of distress.

ADAPTIVE COPING

It is an effective means of coping that allows an individual to adequately address stressor.

MALADAPTIVE COPING

It is a temporary and has only limited value and provide temporary relief

a) Avoidance/giving up:

It is running away or distancing ourselves from stressful events.

b) Learned helplessness:

It occurs when an individual repeatedly experience negative or uncontrollable situation and become passive and unmotivated and stay the

way even after the incident (but on the brighter side, control is possible).

II. DEFENSE MECHANISMS WHEN PEOPLE FACE STRESS

REPRESSION

It is unconscious and removing/blocking/forgetting impulses or memory.

SUPPRESSION

It is more conscious, It removes unpleasant thoughts / memories out of their awareness.

DENIAL

It is refusing to admit or accept a particular aspect of reality.

REGRESSION

When confronted with stress and anxiety sometimes people display immature behavior that have relieved anxiety in past.

RATIONALISATION

An Individual gives logical / rational/socially acceptable reason for their unacceptable behavior.

INTELLECTUALISATION

Individual reduce anxiety by reacting to an event or situation in a detached cold way.

SUBLIMATION

It is a healthy defense mechanism when an individual coverts unacceptable impulse by converting them into more acceptable form.

DISPLACEMENT

Taking out aggression on other people that are less threatening.

REACTION FORMATION

Deal with opposite emotions with own feeling / emotion (hiding true feeling)

COMPENSATION

Developing talent in one area to compensate the failure in other area.

III. OVERCOMING STRESS

Stress has always been a hindrance to the happy routine of our life and our mental state. Recent researches and psychologists have been proposing new techniques and methods to handle stress. One of the major techniques is CBT, lets know more about this particular yet important method[5-9].

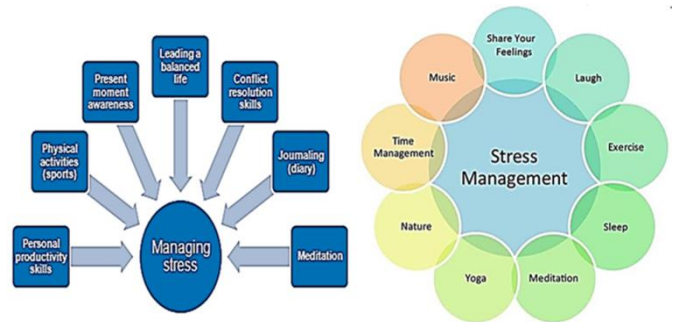


Fig.1. Stress Management

IV. EUPHORIA

Euphoria denotes to an emotional state categorized by feelings of deep pleasure, happiness, cheerfulness, and excitement. A state of euphoria can be naturally induced, chemically induced or the outcome of a neurological condition. There are numerous types of euphoria, each induced by diverse mechanisms and involve several neurological pathways. Euphoria can be induced by persistent aerobic exercise, like running, cycling, and further aerobic activities is recommended as an additional treatment for addiction, neurodegenerative disorders and major depressive disorder. Studies have shown that the euphoric properties of exercise can aid in the recovery of drug addictions, function as an antidepressant, as well as improve overall cognition and brain health[10-15].

V. CBT-AN IMPORTANT PERSPECTIVE

First of all, CBT stands for cognitive behavioral therapy As the abbreviation speaks for itself it is basically a psychotherapeutic treatment helping so many individuals to identify and modify destructive or disturbing thought patterns that have a negative

influence on behavior and emotions. Cognitive behavioral therapy focusses on changing the negative thoughts which can worsen emotional difficulties, depression, stress, and anxiety. These continuous negative thoughts have a dangerous influence on mood. CBT can provide you with a new perspective on your situation, enabling you to regain control, reduce the physiological and emotional symptoms and learn effective strategies that will help us to deal with stressful situation with some confidence and ease[1-15].

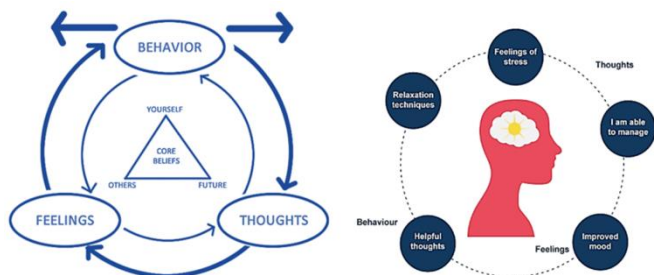


Fig.2. Cognitive Behavioural Therapy

CBT also helps in treating the following conditions:

- Addictions
- Anger issues
- Anxiety
- Bipolar disorder
- Depression
- Eating disorders
- Panic attacks
- Personality disorders
- Phobias
- Problems with stress

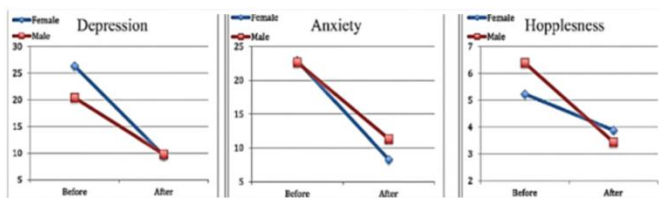


Fig.3. Scale of depression, anxiety and hopelessness

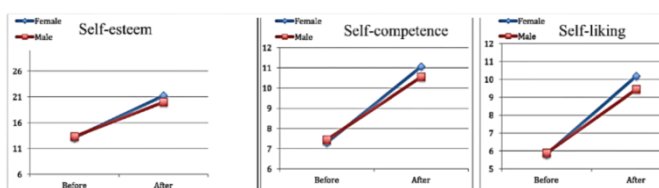


Fig.4. Scale of self-esteem scale and its dimensions, self-competence and self-liking

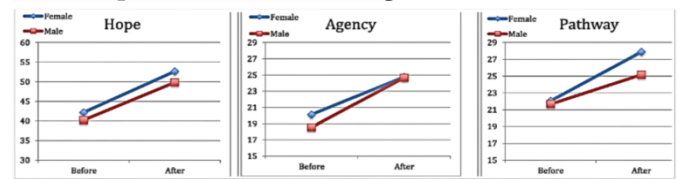


Fig.5. scale of hope as well as its subscales agency and pathway

VI. PRACTISING CBT AT HOME

❖ CHANGE YOUR PERSPECTIVE:

Cognitive restructuring can help in modifying problematic thoughts, which in helps us change our behavior. For example, making a list helps a lot. The overall fact is that the thoughts are interlinked, so by changing a perspective from negative to a positive one might really help.

❖ BALANCING THE THOUGHTS:

If we are facing a crowd which we are really nervous about, we should try to be overcome the fear by embracing the things you really love about the crowd, like in the crowd of unknown people there might still be your friends or the people who could potentially enjoy your talent. make your thoughts more balanced, your emotions and behaviors are likely to follow.

❖ BE PATIENT WITH YOURSELF

Change is inevitable but that doesn't mean it can happen in a fraction of second, so being consistent and being true to oneself in the overall process might lead to the best outcome ever even if it is late. Remember, the longest walks make you the strongest one.

❖ BE KIND TO YOURSELF

When things get harder and darker we tend to be rude on ourselves, but that is abruptly wrong, At the end of the day, we only have ourselves to pat our and

say, "it's going to get better".so it is vital to take care of our own self and embrace the beautiful mess which we are .so it's important to stay kind.

Other simple ways in which we can overcome stress

- 1) Talking and sharing the problems with your significant one
- 2) Meditation
- 3) Better sleep patters
- 4) Eat right
- 5) Exercise for a bit
- 6) Laugh it off.

VII. PRACTISING MINDFULNESS

Mindfulness involves breathing methods, other practices to relax the body and mind and help reduce stress[7-20].

HOW TO PRACTICE MINDFULNESS:

- 1) Take a seat or find a place and sit where you can literally feel the calmness caressing your mind.
- 2) Set a time for like 5 to 10 minutes and stay there.
- 3) Sit in a position which is comfortable for you and observe yourself.
- 4) Feel your breath.
- 5) Notice where your mind has wandered
- 6) And finally, be kind to your wandered mind instead of judging or obsessing yourselves [20-25].

VIII. CONCLUSION

Stress is a feeling of emotion or physical tension. It can come from any event, thought or situation. Stress is a common reaction, however when it becomes constant it can turn into a problem. We experience stress when are overwhelmed by any responsibility. Issues that causes stress cannot always be resolved but, changing our perspective can help us reduce the stress.

A balanced lifestyle and coping strategies can help you in managing stress. How an individual reacts to a difficult situation will determine the effect of stress on overall health. Half of the individuals experience hardships and stress but, both the quantity and quality of the stressor varies from one person to other .Stress is a key for survival, but too much stress can be destructive .Stress is a natural phenomenon which everyone has to go through at least once in their lifetime, the thing is how we perceive it and apply righteous mechanisms to overcome this condition and not let our life go south. Finally, stress is common and what matters the most is that we have ourselves and each other's back at the end of the day.

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