

EFFECTIVE STRESS MANAGEMENT

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ABSTRACT

The topic is equally important for individuals, workers and managers. All the human beings face stress full situations from time to time throughout the life and automatically develop certain best suitable solutions. Any way the purpose of this paper is not only to understand and know about stress but also to provide certain effective measures to control it. The paper starts with a formal introduction of the topic, then there is a literature review. It includes authors views about the problem and covers the classical as well as the latest literature. The sources of stress and various types of stressors are discussed in detail. The paper suggests to eliminate the stressors through resiliency development. There may be instant or immediate techniques called the temporary stress reduction techniques and in the long run improving one's resiliency through physiological, psychological, social and religious activities can result in most effective stress management strategy.

INTRODUCTION

Promotion of human welfare through proper health care management and the creation of a healthy workplace is the growing concern of modern industrial age. Stress is a common human experience. It can have both positive and negative consequences. All stress is not damaging. Some stress is even essential to life and growth. There are many people who can perform their best under stress. This stress does not work against them but rather stimulates them to perform at an optimal level. In my paper, I am more concerned with the "bad" stress and its consequences. Once we have acquired a better understanding of what stress is and how it effects the body. We can learn to manage stress effectively in our lives.

It is very important to know about the nature and control of stress. Due to following three reasons there is an urgent need to understand and deal with it as a problem of vast significance and scope.

According to medical text 50 to 80 percent of all physical disease is stress related in origin. Stress can cause a host of diseases including diabetes, epilepsy, asthma, arthritis, infections, allergic responses, sexual dysfunctions and stomach disorders. We may say that stress is the true number one killer of the people.¹

Health is a growing business concern. Job stress can hinder the performance of the backbone of any industry i.e. the human machine. Many stress related disorders can become costly to a business such as loss of motivation absenteeism, slower working rates, decrease in productivity and quality performance, diminish creativity and may be illness or even death.

Aside from life threatening stress related diseases and high economic costs of low performance, another serious problem is worldwide frequent use of anti-depressants, sedatives and tranquilizers. Stress is playing havoc with a massive segment of the population. There is a permanent increase in