Stress Management Techniques Part II

Name

Institution Affiliation

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**Introduction**

* Stress is a feeling of physical or emotional tension. It can originate from any thought or event that makes people nervous, angry, or frustrated. Stress is majorly perceived as the reaction of the body towards the demand or challenge
* Stress management alludes to the approaches that are aimed at alleviating stress among the individuals
* Different people use different techniques to manage their stress, and various methods are effective to different people

**Body**

Main point 1: Stressors ((Derakhshan, Mikaeili, Nasrabadi & Gedeon, 2019).

* An example of a stressor is a situation when an assignment is due, and the student has not yet completed the task. This way, the body is faced with the stress that the assignment is due, and there is no time left
* The stress response that is likely to be used in the above situation is fight or flight. There is some situation that requires fight while others require flight. For instance, when the body is faced with a stressor that cannot be overcome, the most likely response is a flight. On the other hand, when a situation is soluble, the response can be fight or flight
* The above responses are beneficial because they make the situation better and help the body overcome the stress
* The responses to stressors are usually associated with some adverse effects and among them is that the high amount of hormones released can hinder the body from proper functioning

Main point 2: Theories of Stress and Stress Management (Singh & Vitell, 2018).

* Fear and anger have been identified as the leading causes of stress among many individuals
* Fear is a feeling that develops in one's thoughts after being exposed to some form of situations or environments
* If fear is not managed, it can advance to stress or depression and affect the psychological or emotional health of a person
* Fear can be managed through talking to others about it, seeking professional help, and visualizing a happy place

Main point 3: Personality and stress level (Heilbrun & Friedberg, 1988).

* The personality type that is susceptible to stress is Type-A
* People with this personality type are prone to high-stress level, and they are stressed over virtually everything happening around them
* People with Type-A personality are susceptible to stress because their fight or flight response is usually triggered by virtually anything in the environment, this means most things are stressors to them
* Unlike other personality types, Type-As are affected negatively as this can lead to other negative situations in their lives
* This relationship makes sense because the findings from various studies prove it

Main point 4: Methods of Stress Management (Young, 2019).

* Massage or physiotherapy has gained familiarity in the course of the recent past, and this is following its effectiveness in the stress management
* Massage therapy focuses on manipulating different tissues by the use of pressure and different degrees of movement.
* The increased need for massage therapy in society has made it famous to the extent that it has become just like any other profession, and people can study.

**Conclusion**

* Stress management mostly focuses on alleviating the impact of the stressors on the body
* Some personality types are affected differently by stress. for instance, Type-A personality is affected more than others
* Finally, among the effective stress management technique is massage therapy. It is a new approach but again, effective

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