

# Managing stress

Business



According to Lazarus, stress is best regarded as a complex rubric, for instance emotion, motivation or cognition. Lazarus argues that the meaning specialty of stress is explained by a number of variables as well as processes which are fully reflected in a person's appraisal of the relationship with the environment. Lazarus goes ahead to define stress as a dynamic state found within a living organism. It is a normal physiological response of the body to situations that are alleged likely to be dangerous to the body. Selye, on his part notes that stress is a mechanism and describes it as a complex affair. Selye says that the first effect of any form of agent or demand availed to the body is to produce a nonspecific stimulus.

**Stress Concepts** Selye defines stress as a non-specific response of the body to any form of demand. A stressor according to Selye, is an agent that produces stress at any given time. The casualty usually experience adaptation syndromes which are commonly referred to as the general adaptation syndrome (GAS). GAS represents sequential growth of the response to stressors when their perceived actions are prolonged. It is made up of three stages  
The alarm reaction  
The stage of resistance  
The stage of exhaustion

According to Lazarus, stress involves a state of bodily or mental tension that come about as a result of factors that are inclined in altering the existence of equilibrium. It is an effect of living that it is unavoidable especially in the modern technological society.

Of particular interest to Lazarus is the relationship between stress and the adaptation of the body on one hand and the body's susceptibility to the disease on the other hand. Lazarus notes that both resultant outcomes involve behavioral as well as brain changes together with psychological

events. This to him involves changes in the body function arising from the capability of the brain to be in position to control such duties through neural outputs as well as hormones. Lazarus concludes by noting that stress is an “unclean” variable which entirely depends on the relationship between two intricate systems; the environment and the person. The two systems cannot be separated. It is therefore necessary that full understandings of the two variables are put into consideration before measures aimed at solving stressful situations is efficiently and effectively handled.