

Katarina von scholl

Business



I am going to define what stress is, the causes of stress and its effect, and how to overcome stress in the workplace.

Stress is a result of body responds to all types of stipulation. In most cases, people think that stress is a result of a terrible experience but, in fact, both these reasons may cause it. In case someone experiences stress because of situations or happenings in his or her life, the body reciprocates by letting chemicals into the blood. The chemicals provide extra energy that is riskless if the stress is a result of bodily danger. If it has to be an emotionally related stress, then it is not good and there is no means of letting the energy out. In a workplace, employees who are highly disposed to stress are prone to worsen their health and appear to be less productive in comparison to their associates with ordinary levels of stress disposition.

The staff, characterized by high internal stress level, subjects an organization it works in to immense wellbeing risks, increased cost and productivity losses, which are not common for organizations with ordinary internal stress levels. This issue must be mentioned by management teams of all levels, therefore, programs on workers support and health concern cost and indices provision, data and level of production recording, must be implemented (Groves, 2004). There are two main intentions to weigh up the viability and evidence of the concept involving body and mind workplace stress diminution programs. Mindfulness and therapeutic yoga may be considered. The truth is that, mind-body interventions are less affected by stress, have better sleep quality and heart beat rhythm. Stress levels may be identified by blood pressure, breathing rate, mindfulness, heart beat rhythms, work productivity, sleep quality, moods and level of pain.

Therapeutic yoga and mindfulness-based programs are highly useful interventions aimed at enhancing sleep quality, reducing stress level and renewing the autonomic balance of a worker. High stress level may lead to different health complications, such as cardiovascular diseases, cancer, depression and anxiety, fatigue obesity and musculoskeletal pains. In fact, psychological stress and the related constant inflammatory reactions are concerned in almost all chronic conditions. In addition, employees with high stress levels may lead their companies to production losses and themselves to the necessity of spending much money for health, unlike their colleagues who do not suffer from stress. Stress management programs must be used in workplaces with the aim of tackling the problem effectively . They must be implemented correctly in terms of time required, venues and support from the management.

The employers' interests must also be included, so the program is to be economically sound and must depict efficiency by recording data on stress, productivity, cost and healthy. Both workplace stress and mental stress harmfully affect physical and mental health. Psychological stress is known to provide substandard drive, non attendance and poor productivity. High stress level leads to impaired memory and slow in learning activity. In any case, a stressed and constantly sick employee becomes a liability to the company in terms of lower productivity level of this employee and the necessity to provide medical care for him.

In theory, mindfulness could reduce stress by enabling a person to change his or her way of thinking through learning to concentrate at the current moment with curiosity and tolerant attitude. It is through instructing the <https://assignbuster.com/katarina-von-scholl/>

mind that a stream of sensory and perceptual occurrences changes its characteristics and a person starts to discover how to conduct it, developing intentions and ways to health. By carefully repeating an action, one discovers that actions appear to be, in fact, a process of unfolding and can be fluid. In simple terms, even emotions, unconstructive events, behavior and thoughts may be changeable. One thing about this process is that it denies individuals to understand the world in a significant difference, as it may be perceived during the stress. There is a positive effect of mindfulness interventions leading to enhancement in dynamism, mood life quality, and lowering the levels of depression, fatigue, stress, anxiety and anger.

Mindfulness links powerfully with psychological benefits. Mindfulness instructing leads to adjustment in the way the mind works and can offer insight into the biological foundation and cognitive advantages (Chaskalson, M. & Wiley InterScience, 2011). Stress reduction programs are designed for the sake of employees. These programs are mindfulness based stress management and therapeutic yoga-based stress reduction program.

Dissimilar kinds of interventions could be suitable for different workplace environments. The designs enable to raise efficiency by using these two different programs which are compared by the control group. An employer may be interested in offering his employees the both programs. However, the only disadvantage is that two body programs may not be used together with one another. Is it more effective to give the mindfulness program via internet venue or to give it in person? The results are the same.

Viniyoga stress Reduction program was established by the American Viniyoga institute. It also came up with the equipment for stress management such as asana. That is physical posture of yoga. The alternative of Viniyoga for the intervention is based on the imaginary understanding of its possible effects on stress. Viniyoga and traditional yoga are exceptionally different in three aspects: breath dominance, the goal of practitioners and the significance of asana progression. Breathing is vital for physiology, especially the poise between understanding and parasympathetic tone in the autonomic nervous system.

This effect can be refined by different respiratory speeds, ratios of breathing in and out, and depth. (Sherman et al., 2005; Innes et al., 2007). On the other hand, the kinds and series of poses can be useful when modulating the equilibrium and effectively affecting physical part of undergoing stress.

A posture may be modified to contain the body habits in accordance with work sequence. As per Wheeler & Wilkin (2007), the principles of Viniyoga could lengthen the famous health rewards of the additional types of yoga and improve the possibility of stress management.