

# Stress management techniques

Psychology



Stress Management Techniques Stress Management Techniques Meditation for Stress Management There are several sociological factors that can be stressful to each individual. These can range from work to simple daily chores and in order to prevent these events from affecting an individual's health, stress management techniques should be implemented. At times stress is useful in pushing individuals to reach their limits, however, it must be controlled as an excessive amount of stress can lead to several health complications. There have been several techniques that have been formulated in an attempt to reduce stress levels. One such technique is meditation, an art which has existed for centuries as historically people would meditate in order to relax their bodies and minds (Mind Tools, 2013). The word meditation itself is derived from a Latin word which means "to ponder". This practice has been used by individuals in order to help them understand certain aspects of life. Originally, the practice was created for spiritual purposes and considered a religious ritual. The practice of meditation has several techniques and disciplines which can each be utilized in reaching a state of deep relaxation. Primarily, meditation involves sitting in a place which is quiet environment while maintaining one's focus on quietening the mind and concentration. Meditation slows down an individual's heart rate, reduces the production of sweat and respiration becomes deeper with an increased level of efficiency (Mind Tools, 2013). There are several lessons that can be learnt from this article and these include the fact that this principle has existed for thousands of years and many people are not aware of this and view meditation as "new age". By utilizing this practice one can easily find a place to relax and reduce the chances of developing cardiac disorders as the ritual reduces heart

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palpitations and makes breathing more efficient (Mind Tools, 2013). Toffler's stability Zones Life is unpredictable; therefore, individuals are likely to experience situations whereby they feel everything has just changed overnight. Toffler's stability zones enable an individual to cope with the constantly changing world and reduce the chances of stress development. Toffler's stability zones create places whereby an individual may feel safe, relaxed and secure. These zones do not have any restrictions or limitations and can include ideas, people, things, places and organizations. It is essential for an individual to identify his or her stability zone and this can be done by considering three options which include considering which stable place is most efficient for an individual and how many stability zones he or she influences. In addition, an individual should consider the time he or she spends nurturing these zones (Mind Tools, 2013). As mentioned above, stability zones provide an individual with security. One should create stable zones for members of his or her team in order to maintain a stress free atmosphere. In addition, this will maintain a stable mental energy among the office members. This article teaches individuals that each person has his or her specific area which he feels secure and safe in and these are already a part of our lives. Reducing stress involves aspects that are already present in everyone's life and creating an environment with a stable energy is also essential in reducing stress (Mind Tools, 2013). How to be Patient Each individual can recall several situations which he or she has felt impatient or unwilling to wait for something or someone. This is natural, however, can result in a high level of stress. In addition, impatience can creep into other aspects of life and can affect an individual's working condition and relationship with others. This can all be avoided if one was to learn the art of <https://assignbuster.com/stress-management-techniques/>

being patient. Signs of impatience include restless feet, shallow breathing, muscle tension, irritability, rushing, anxiety, quick decisions and anger. One has to find the cause of impatience in order for him to alleviate this condition. Ways which an individual can find the cause of impatience include asking family, friends or work mates, reminiscing on the previous time which an individual was impatient and keeping a journal of each event which led the person to be impatient. Therefore, examining the causative factors of impatience helps an individual consider his or her questions. After finding the causative agents and working towards alleviating them, an individual should manage the symptoms of this condition. Managing the symptoms involves taking deep breaths, participating in empathic and active listening and other factors that help in managing one's emotions. Patience is an essential quality and should be maintained as there are several factors that can lead one to becoming impatient. The article helps one in determining which factors lead to impatience and ways to take in reducing the associated symptoms (Mind Tools, 2013). References Mind Tools. (2013). Stress Management Techniques. Retrieved from [http://www.mindtools.com/pages/main/newMN\\_TCS.htm](http://www.mindtools.com/pages/main/newMN_TCS.htm)