



**ST. XAVIER'S COLLEGE OF EDUCATION (AUTONOMOUS)**

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**PALAYAMKOTTAI - 627002.**

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# **PRODUCING EMPLOYABLE TEACHERS: PROSPECTS, CHALLENGES AND STRATEGIES**



*[Signature]*  
Principal

St. Xavier's College of Education  
(Autonomous)

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## Stress Management: Coping With Stress And Strain

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### Introduction

**S**tress is a normal psychological and physical reaction to the ever increasing demands of life. Stress symptoms include mental, social and physical manifestations. These include exhaustion, loss or increase of appetite, headaches, crying, sleeplessness, and oversleeping. Most of the people experience stress at one time or another. Without stress, there would be no life. However, excessive or prolonged stress can be harmful. Stress is a feeling experienced when a person thinks that "the demands exceed the personal and social resources the individual is able to mobilize." Stress is not always necessarily harmful - Richard S Lazarus (1966). Stress is an external event and strain is proposed as suitable term for the affective, physiological and cognitive changes induced by stress. The manifestation of stress is anxiety, strain and tension.

### Signs of Stress

Physical strain signs caused by stress are as follows: Increased breathing, Heart beat/Rate increases, Muscles tighten, Cold clammy hands, Hands shake

### Sources of Stress

1. **Significant life adjustments:** Any critical life changes, both pleasant and unpleasant taking place in one's life can cause stress.

2. **Daily routines:** Daily routines such as fighting the rush hour traffic or meeting the deadline on an important project zap your energy. You become accustomed to your daily activities and easily overlook their cumulative effect on you.

3. **Unrealistic self-expectations:** While positive self-expectations motivate you to realize your goals, unrealistic expectations can lead to setting yourself up for failure and a lowering of self-esteem.

4. **Interpersonal relationships:** Both personal and professional relationships require a significant amount of effort to maintain. Poor communication and inability to work with others lead to conflicts that can escalate into increased frustration and open hostility, thus leading to stress.

There are different sources of stress like the above mentioned ones. But the main source of stress as mentioned in the case study below is "YOU" because stress is an individual's response to pressure. You will always be the source of your own stress.

### Few other Common Sources of Stress

1. **Psychological:** Unfulfilled desires and expectations, guilt feelings, and reactions to your failures cause stress in a person.
2. **Spiritual:** The relationship with God, the way you have understood the purpose of



life, inability to forgive and forget cause lot of tough times to individuals.

3. **Sociological:** Caste, Religion, Marriage Failures does lead to stressful moments. i.

4. **Organizational:** Work Situations, Repetitive Work, Tight Deadlines, Poor Welfare facilities also cause stress. ii.

5. **People:** Management, staff, customers, colleagues and immediate boss with whom you work for over a period of time cause stress in a person.

### Coping with Stress and Strain

There are many coping strategies and therapies to cope with the stress and strain; they are:

- a) Psychotherapies
- b) Alternative therapies
- c) Intervention techniques

#### Psychotherapies

It is an activity that involves the examinations of behavior and it requires work to solve problems. There are many therapeutic techniques that fall under the umbrella of psychotherapy. Therapists use variety of techniques depending on the problems. These therapies help the person on current problem in the shortest period of time. There are many techniques of psychotherapies to minimize stress and strain. These psychotherapies are as follows.

#### 1. Behavior therapy

Behavior therapy focuses on changing the unwanted and self-defeating behavior patterns of the individual through conditioning. It helps an individual to modify the stress response or overcome phobia, panic disorders etc. expose an

individual to a tiny bit of the very thing that causes them anxiety.

#### a) Relaxation training

Reduction of physical tensions.

Use of systematic relaxation techniques.

#### b) Systematic desensitization

Reduce anxiety and tensions:

#### c) Modeling

Modeling is one of the most simple and obvious way to teach client new behavior. Seeing and hearing directly either live or via film or tape, brings effective message more clearly and directly than direct advice and description.

### 2. Cognitive therapy

This therapy looks at the underlying thought pattern and core beliefs behind unwanted feelings and emotions. The basic idea is that our thoughts about situation are what create our emotions regarding that situation or troublesome core beliefs Counseling; therapy that we might not even be consciously aware of.

### 3. Gestalt therapy

Gestalt therapy is based on the philosophy of existentialism and phenomenology, basically, it is essential to understand who are in relation to all things around us and we must study and observe what is going on the present moment in order to truly know ourselves.

### 4. Interpersonal therapy (IPT)

The focus is on improving relationship skills such as communication and improving the supporting relationships in the depressed or anxious person's life. By learning how to deal with the loved ones in a more productive and less combative way,



the individual can improve these relationships and reduce conflicts that might be contributing to their feelings of depression or anxiety.

### 5. Psychoanalytic therapy

The concept of anxiety is essential in this therapy. Anxiety is a state of tension that motivates to do something. It develops due to conflict between id, ego, and superego. There are three kinds of anxiety. Real anxiety- It is fear of danger from the external world, real threat.

### 6. Individual therapy

Happiness and success of individuals are largely related to their social connectedness. Many of our problems are related to the fear of not being accepted by the groups. Focus on the achieving a sense of belongingness to face problems.

### 7. Rational emotive therapy

Focus on both thinking as well as feelings. Emotions stem mainly from our belief, evaluations, interpretations and reactions to life situations. An assumption is that human beings are born with a potential for both rational or straight, thinking and irrational or crooked thinking. Insist that blame is the core of most emotional disturbances.

### 8. Counseling therapy

Non-directive/ Person/ Client-centered counseling therapy by Carl Rogers. Directive /Counselor-centered therapy by Williamson can be used to minimize the problem which causes stress and strain

### 9. Person-centered therapy

Assumption is that people are essentially trustworthy and they have vast potential

for understanding themselves and resolving their own problems without direct interference of others. Focus on the client's responsibility and capacity to overcome the problem. Focus on the person, not persons presenting the problem. Emphasizes on listening, accepting, respecting, understanding and sharing with others.

## B) Alternative therapies

### 1. Drama therapy

It is the systematic and intentional use of drama theater processes, products and associations to achieve therapy for all of symptoms, relief, emotional and physical integration and personal growth. This therapy is an active approach and helps the client to tell his or her story to solve problems, catharsis etc.

### 2. Color therapy

Colors are vital important in diagnosis and treatment. Colors dramatically affect moods, feelings and emotions. Colors like features; follow the changes of the emotions -Pablo Picasso. It is also known as chromo-therapy! There are some color effects that have universal meaning.

*Red:* Stimulate the body and mind and to increase circulation.

*Yellow :* Stimulate nerves and purity body.

*Orange:* Used to heal lungs and increase energy level.

*Blue:* Treat pain, feeling of calm and soothe illness.

*Indigo:* Alleviates skin problem.

### 3. Aromatherapy

Therapeutic use of plant-derived aromatic essential oils promotes physical and



psychological wellbeing. Fragrant essential oils are used as treatment in alternative medicine, often to relieve tensions.

#### 4. Sand-play therapy

It allows individuals to work through emotional and spiritual issues, and to grow through developmental roadblocks by naturally engaging their inner lives. This therapy includes combined use of sand, water and miniature figures.

#### 5. Pet therapy

Pet therapy is also known as Animal-assisted therapy. This involves an animal with specific characteristics becoming a fundamental part of a person's treatment. This utilizes trained animals and helps to achieve specific physical, social, cognitive and emotional goals with the client.

#### 6. Art therapy

Art therapy is the form of psychotherapy that encourages self-expression through painting or drawing. Art therapy is a form of expressive therapy that uses art materials, such as paints, chalk and markers. Art therapy combines traditional psychotherapeutic theories and techniques with an understanding of the psychological aspects of the creative process, especially the affective properties of the different art materials.

#### 7. Laughter therapy

Laughter is an audible expression of happiness, or an inward feeling of joy. It may ensue from jokes, tickling or other stimuli. It is in most cases a very pleasant sensation.

#### Intervention techniques

Intervention Techniques used for applications of therapy are as follows:

1. Exercise
2. Relaxation
3. Recreations
4. Value education
5. Mediation
6. Yoga

#### Conclusion

Stress is a fact of life, but being stressed out is not. You don't always have control over what happens to you, and yet, that doesn't mean you have to react to a difficult, challenging situation by becoming frazzled or feeling overwhelmed or distraught. Being overly anxious is not just a mental hazard; it's a physical one too. The more stressed out we are the more vulnerable we are to colds, flu and a host of chronic or life-threatening illnesses. And the less open we are to the beauty and pleasure of life. Stress is a part of life and cannot be avoided.

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