STRESS: EFFECTS ON HUMAN HEALTH & ITS MANAGEMENT

Shyam Bihari Sharma¹, Sunisha Kulkarni¹, Kaushal Prasad Mishra¹, Vaibhav Srivastava²
¹School of Studies in Pharmaceutical Sciences, Jiwaji University, Gwalior, Madhya Pradesh, India.
²Department of Pharmacognosy, Nagaji Institute of Pharmaceutical Sciences, Gwalior, Madhya Pradesh, India

ARTICLE INFO
Article history
Received 07/10/2013
Available online
30/10/2013

Keywords
Stress,
Physical and Mental health,
Depression,
Stress management techniques.

ABSTRACT
Stress may be considered as any physical, chemical, or emotional factor that causes bodily or mental unrest and that may be a factor in causing disease. Physical and chemical factors that can cause stress include trauma, infections, toxins, illnesses, and injuries of any sort. If stress disrupts body balance and function, then is all stress bad? Not necessarily. A mild degree of stress and tension can sometimes be beneficial. Stress produces numerous symptoms which vary according to persons, situations, and severity. These can include physical health decline as well as depression. The process of stress management is named as one of the keys to a happy and successful life in modern society. Many practical stress management techniques are available, some for use by health practitioners and others for self-help, which may help an individual to reduce stress, provide positive feelings of being in control of one's life and promote general well-being. An important goal for those under stress is the management of life stresses. We can learn relaxation techniques and other methods to manage stress so that we have control over our stress and its effects on our physical and mental health. Stress management involves controlling and reducing the tension that occurs in stressful situations by making emotional and physical changes. Meditation can relax your mind and help fight stress. It is one useful technique for dealing with stress.

Corresponding author
Shyam Bihari Sharma
School of Studies in Pharmaceutical Sciences,
Jiwaji University, Gwalior, Madhya Pradesh, India
shyam_mpharm06@rediffmail.com
Phone: 08602460796

Please cite this article in press as Shyam Bihari Sharma et.al. Stress: effects on human health & its management. Indo American Journal of Pharm Research. 2013:3(10).
INTRODUCTION
Life exists through the maintenance of a complex dynamic equilibrium, termed homeostasis that is constantly challenged by internal or external adverse forces, termed stressors, which can be emotional or physical in nature. Thus, stress is defined as a state of threat perceived by the individual as threatened homeostasis and it is re-established by a complex repertoire of behavioral and physiologic adaptive responses of the organism. Neuroendocrine hormones have a crucial role in coordinating basic as well as threatened homeostasis; also, they intervene ended or in pathogenesis of dyshomeostatic or cacostatic situations of disease.

The Stress System located both in the central and peripheral nervous system, generically activated whenever a threshold of any stressor is exceeded, plays a major coordinator role in the re-establishment of homeostasis by eliciting a complex behavioral and physical adaptive response. This response is defined as the stress syndrome and represents the unfolding of a relatively stereotypic, innate program of the organism that has evolved to coordinate homeostasis and protect the individual during stress.

Stress may be considered as any physical, chemical, or emotional factor that causes bodily or mental unrest and that may be a factor in causing disease. Physical and chemical factors that can cause stress include trauma, infections, toxins, illnesses, and injuries of any sort. Emotional causes of stress and tension are numerous and varied. While many people associate the term stress with psychological stress, scientists and physicians use this term to denote any force that impairs the stability and balance of bodily functions.

If stress disrupts body balance and function, then is all stress bad? Not necessarily. A mild degree of stress and tension can sometimes be beneficial. For example, feeling mildly stressed when carrying out a project or assignment often compels us to do a good job, focus better, and work energetically.

Stress, health and illness
According to the World Health Organization stress, especially that relating to work, is the second most frequent health problem, impacting one third of employed people in the European Union. There is a substantial body of research connecting stress to cardiovascular disease, the future manifestation of hypertension related to the individual’s response to stress, metabolic syndrome, obesity, emotional overeating, while stress fuels approximately 50% of depression cases through disturbance of the HPA axis and increased cortisol levels.

Furthermore, biological markers associate the immunoendocrinological disturbance brought by stress to infertility. There are also research data pointing the role of stress in infectious disease and cancer. Given the negative impact of stress at intrapersonal and somatic level, it is important for healthcare professionals to master a repertoire of stress management techniques and teach them to their patients.

It should be noted that stress management techniques are applicable not only to people who manifest a disease or disorder, but also to healthy people, when added to daily routine practice as an effective tool for health enhancement and protection over the life span, serving thus as a valuable intervention for the healthy population as well. Health promotion, as one of the main approaches to health enhancement, can serve this multiple role by designing and applying interventions to reduce or prevent distress and adequately contribute to future health and wellness.

CLINICAL SYMPTOMS AND DISORDERS OF STRESS
Symptoms
Signs of stress may be cognitive, emotional, physical, or behavioral.

Cognitive symptoms
- Memory problems
- Inability to concentrate
- Poor judgment
- Pessimistic approach or thoughts
- Anxious or racing thoughts
- Constant worrying
Emotional symptoms
- Moodiness
- Irritability or short temper
- Agitation, inability to relax
- Feeling overwhelmed
- Sense of loneliness and isolation
- Depression or general unhappiness

Physical symptoms
- Aches and pains
- Diarrhoea or constipation
- Increased frequency of urination
- Indigestion
- Changes in blood glucose
- Nausea, dizziness
- Chest pain, rapid heartbeat
- Loss of sex drive
- Frequent colds
- Irregular periods

Behavioral symptoms
- Eating more or less
- Sleeping too much or too little
- Isolating oneself from others
- Procrastinating or neglecting responsibilities
- Using alcohol, cigarettes, or drugs to relax
- Nervous habits (e.g. nail biting, pacing)

Health risk factors
Both negative and positive stressors can lead to stress. The intensity and duration of stress changes depending on the circumstances and emotional condition of the person suffering from it. Some common categories and examples of stressors include:
- Sensory input such as pain, bright light, noise, temperatures, or environmental issues such as a lack of control over environmental circumstances, such as food, air and/or water quality, housing, health, freedom, or mobility.
- Social issues can also cause stress, such as struggles with conspecific or difficult individuals and social defeat, or relationship conflict, deception, or break ups, and major events such as birth and deaths, marriage, and divorce.
- Life experiences such as poverty, unemployment, clinical depression, obsessive compulsive disorder, heavy drinking, or insufficient sleep can also cause stress. Students and workers may face performance pressure stress from exams and project deadlines.
- Adverse experiences during development (e.g. prenatal exposure to maternal stress, poor attachment histories and sexual abuse) are thought to contribute to deficits in the maturity of an individual's stress response systems.

Stress Management
Stress management refers to a wide spectrum of techniques and psychotherapies aimed at controlling a person's levels of stress, especially chronic stress, usually for the purpose of improving everyday functioning.

Stress produces numerous symptoms which vary according to persons, situations, and severity. These can include physical health decline as well as depression. The process of stress management is named as one of the keys to a happy and successful life in modern society. Although life provides numerous demands that can prove difficult to handle, stress management provides a number of ways to manage anxiety and maintain overall well-being. Despite stress often being thought of as a subjective experience, levels of stress are readily measureable using various physiological tests, similar to those used in polygraphs.
The effectiveness of the different stress management techniques can be difficult to assess, as few of them have received significant attention from researchers. Consequently, the amount and quality of evidence for the various techniques varies widely. Some are accepted as effective treatments for use in psychotherapy, whilst others with less evidence favoring them are considered alternative therapies. Many professional organizations exist to promote and provide training in conventional or alternative therapies.

**Stress Management Techniques**

Many techniques cope with the stresses life brings. Some of the following ways induce a lower than usual stress level, temporarily, to compensate the biological tissues involved; others face the stressor at a higher level of abstraction:

- Autogenic training
- Social activity
- Cognitive therapy
- Conflict resolution
- Exercise
- Getting a hobby
- Meditation
- Mindfulness (psychology)
- Deep breathing
- Yoga Nidra
- Nootropics
- Reading novels
- Prayer
- Relaxation techniques
- Artistic expression
- Fractional relaxation
- Progressive relaxation
- Spas
- Somatic training
- Spending time in nature
- Stress balls
- Natural medicine
- Clinically validated alternative treatments
- Time management
- Planning and decision making
- Listening to certain types of relaxing music
- Spending quality time with pets

**Stress prevention & resilience**

Although many techniques have traditionally been developed to deal with the consequences of stress considerable research has also been conducted on the prevention of stress, a subject closely related to psychological resilience-building. A number of self-help approaches to stress-prevention and resilience-building have been developed, drawing mainly on the theory and practice of cognitive-behavioral therapy.

**Meditation Can Reduce Stress**

When you meditate, you calm your mind and body. Your heart rate slows down, you sweat less, and your breathing becomes deeper and more efficient. This is the opposite of some of the main symptoms you have when you're stressed, such as breathlessness, sweating, and heart palpitations. So meditation can fight the effects of stress, and help you feel more relaxed. Stress management has physiological and immune benefits. Positive outcomes are observed using a combination of non-drug interventions.
Top 10 Tips for Stress Management
The following tips are designed to help you reduce stress and keep it under control.

- Get regular exercise
- Spending time in nature
- Drink filtered water and nourish your body with healthy food
- Be mindful of the breath
- Everyone is different so it is important to understand how your body reacts to stress
- Pay attention to your thinking
- Learn what nourishes you
- Think about what matters most to you
- The brain can’t tell the difference between a memory or visualisation and the real thing, so visualise being happy
- Love is a natural stress reliever so spending time with those you love can reduce stress.

Stress-Management Foods

**Complex carbohydrates** (whole grains, beans, vegetables & fruits)-support optimal levels of serotonin in the brain

**Lean proteins** (turkey, chicken, fish, lean meats, tofu and tempeh) - tryptophan

**Oats**-magnesium, vitamin B6, tryptophan

**Cottage cheese**- calcium, tryptophan

**Yogurt**-calcium, tryptophan

**Walnuts**- magnesium, vitamin B6

**Strawberries**- vitamin C

**Ginger**-melatonin, zinc

**Asparagus**-calcium

**Kale** - calcium, vitamin C

**Banana** - potassium, vitamin B6

**Pears, Peaches & Apricots** - potassium

**Salmon** -potassium, vitamin B6, tryptophan, omega-3 oils

**Tempeh** - magnesium, calcium

**Flaxseed**- omega-3 oils

**Onions**- potassium, vitamin B6

**Garlic**-potassium

How They Work

**Serotonin**- supports a calm and optimistic mood throughout the day

**Vitamin C**- promotes serotonin production

**Tryptophan**- building block for serotonin and melatonin

**Potassium**- benefits nerve and muscle functioning and supports adrenal glands

**Magnesium**- promotes protein synthesis and energy metabolism and supports adrenal glands

**Zinc**- supports a healthy immune system

**Calcium**- strengthens and calms nervous system

**Omega-3 oils**- help regulate blood pressure and other key body functions

**Vitamin B6**- supports protein metabolism and healthy nervous system and adrenal gland functioning

**And Remember to Avoid**

Nicotine, caffeine, excessive alcohol, sugar, high fructose corn syrup, hydrogenated oils and fast foods

Stress Management strategies

**Stress Management strategy #1: Avoid unnecessary stress**

Not all stress can be avoided, and it’s not healthy to avoid a situation that needs to be addressed. You may be surprised, however, by the number of stressors in your life that you can eliminate.

- **Learn how to say “no”** – Know your limits and stick to them. Whether in your personal or professional life, refuse to accept added responsibilities when you’re close to reaching them. Taking on more than you can handle is a sure fire recipe for stress.

- **Avoid people who stress you out** – If someone consistently causes stress in your life and you can’t turn the relationship around, limit the amount of time you spend with that person or end the relationship entirely.
• Take control of your environment – If the evening news makes you anxious, turn the TV off. If traffic’s got you tense, take a longer but less-travelled route. If going to the market is an unpleasant chore, do your grocery shopping online.

• Avoid hot-button topics – If you get upset over religion or politics, cross them off your conversation list. If you repeatedly argue about the same subject with the same people, stop bringing it up or excuse yourself when it’s the topic of discussion.

• Pare down your to-do list – Analyze your schedule, responsibilities, and daily tasks. If you’ve got too much on your plate, distinguish between the “should” and the “musts.” Drop tasks that aren’t truly necessary to the bottom of the list or eliminate them entirely.

Stress Management strategy #2: Alter the situation
If you can’t avoid a stressful situation, try to alter it. Figure out what you can do to change things so the problem doesn’t present itself in the future. Often, this involves changing the way you communicate and operate in your daily life.

• Express your feelings instead of bottling them up. If something or someone is bothering you, communicate your concerns in an open and respectful way. If you don’t voice your feelings, resentment will build and the situation will likely remain the same.

• Be willing to compromise. When you ask someone to change their behavior, be willing to do the same. If you both are willing to bend at least a little, you’ll have a good chance of finding a happy middle ground.

• Be more assertive. Don’t take a backseat in your own life. Deal with problems head on, doing your best to anticipate and prevent them. If you’ve got an exam to study for and your chatty roommate just got home, say up front that you only have five minutes to talk.

• Manage your time better. Poor time management can cause a lot of stress. When you’re stretched too thin and running behind, it’s hard to stay calm and focused. But if you plan ahead and make sure you don’t overextend yourself, you can alter the amount of stress you’re under.

Stress Management strategy #3: Adapt to the stressor
If you can’t change the stressor, change yourself. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude.

• Reframe problems. Try to view stressful situations from a more positive perspective. Rather than fuming about a traffic jam, look at it as an opportunity to pause and regroup, listen to your favorite radio station, or enjoy some alone time.

• Look at the big picture. Take perspective of the stressful situation. Ask yourself how important it will be in the long run. Will it matter in a month? A year? Is it really worth getting upset over? If the answer is no, focus your time and energy elsewhere.

• Adjust your standards. Perfectionism is a major source of avoidable stress. Stop setting yourself up for failure by demanding perfection. Set reasonable standards for yourself and others, and learn to be okay with “good enough.”

• Focus on the positive. When stress is getting you down, take a moment to reflect on all the things you appreciate in your life, including your own positive qualities and gifts. This simple strategy can help you keep things in perspective.

Adjusting Your Attitude
How you think can have a profound effect on your emotional and physical well-being. Each time you think a negative thought about yourself, your body reacts as if it were in the throes of a tension-filled situation. If you see good things about yourself, you are more likely to feel good; the reverse is also true. Eliminate words such as "always," "never," "should," and "must." These are tell-tale marks of self-defeating thoughts.

Stress Management strategy #4: Accept the things you can’t change
Some sources of stress are unavoidable. You can’t prevent or change stressors such as the death of a loved one, a serious illness, or a national recession. In such cases, the best way to cope with stress is to accept things as they are. Acceptance may be difficult, but in the long run, it’s easier than railing against a situation you can’t change.

• Don’t try to control the uncontrollable. Many things in life are beyond our control—particularly the behavior of other people. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems.

• Look for the upside. As the saying goes, “What doesn’t kill us makes us stronger.” When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes.
• **Share your feelings.** Talk to a trusted friend or make an appointment with a therapist. Expressing what you’re going through can be very cathartic, even if there’s nothing you can do to alter the stressful situation.

• **Learn to forgive.** Accept the fact that we live in an imperfect world and that people make mistakes. Let go of anger and resentments. Free yourself from negative energy by forgiving and moving on.

**Stress Management strategy #5: Make time for fun and relaxation**

Beyond a take-charge approach and a positive attitude, you can reduce stress in your life by nurturing yourself. If you regularly make time for fun and relaxation, you’ll be in a better place to handle life’s stressors when they inevitably come.

**Healthy ways to relax and recharge**

- Go for a walk.
- Spend time in nature.
- Call a good friend.
- Sweat out tension with a good workout.
- Write in your journal.
- Take a long bath.
- Light scented candles.
- Savours a warm cup of coffee or tea.
- Play with a pet.
- Work in your garden.
- Get a massage.
- Curl up with a good book.
- Listen to music.
- Watch a comedy.

Don’t get so caught up in the hustle and bustle of life that you forget to take care of your own needs. Nurturing yourself is a necessity, not a luxury.

- **Set aside relaxation time.** Include rest and relaxation in your daily schedule. Don’t allow other obligations to encroach. This is your time to take a break from all responsibilities and recharge your batteries.

- **Connect with others.** Spend time with positive people who enhance your life. A strong support system will buffer you from the negative effects of stress.

- **Do something you enjoy every day.** Make time for leisure activities that bring you joy, whether it be stargazing, playing the piano, or working on your bike.

- **Keep your sense of humor.** This includes the ability to laugh at yourself. The act of laughing helps your body fight stress in a number of ways.

**Stress Management strategy #6: Adopt a healthy lifestyle**

You can increase your resistance to stress by strengthening your physical health.

- **Exercise regularly.** Physical activity plays a key role in reducing and preventing the effects of stress. Make time for at least 30 minutes of exercise, three times per week. Nothing beats aerobic exercise for releasing pent-up stress and tension.

- **Eat a healthy diet.** Well-nourished bodies are better prepared to cope with stress, so be mindful of what you eat. Start your day right with breakfast, and keep your energy up and your mind clear with balanced, nutritious meals throughout the day.

- **Reduce caffeine and sugar.** The temporary "highs" caffeine and sugar provide often end in with a crash in mood and energy. By reducing the amount of coffee, soft drinks, chocolate, and sugar snacks in your diet, you’ll feel more relaxed and you’ll sleep better.

- **Avoid alcohol, cigarettes, and drugs.** Self-medicating with alcohol or drugs may provide an easy escape from stress, but the relief is only temporary. Don’t avoid or mask the issue at hand; deal with problems head on and with a clear mind.

- **Get enough sleep.** Adequate sleep fuels your mind, as well as your body. Feeling tired will increase your stress because it may cause you to think irrationally.

**STRESS MANAGEMENT OPTIONS: PROFESSIONAL MEDICAL TREATMENT AND THERAPY**

Seeking professional medical treatment of therapy may be necessary for an individual in coping with stress. Stress management techniques that are developed by an individual may not always be effective in allowing an individual to cope with the daily pressures of life. If stress comes to a point where the individual can no longer cope or if the individual is seeking alternative ways to manage their stress then professional medical treatment is available. Seeking medical treatment may also assist in identifying other underlying causes behind stress that may not be apparent to the individual. Medical treatment does not necessarily mean treatment with drugs and there are many alternative therapies that are available.

According the Health Centre (2006), there are a variety of treatment options available to cope with and manage stress. Not all treatment options will work for everyone and it is important to be able to determine with your medical professional which option will
work best for you and your individual situation. Provided below is a summary of the medical treatment and therapy options identified by The Health Centre (2006) in managing and coping with stress. Many of these options can also help an individual to develop their own stress management techniques in the ongoing management of their stress.

**Non-prescription Alternatives for Stress Management**

There are many non-prescription alternatives on the market today. Some of these alternatives contain supplemental vitamins and minerals, while others contain herbal alternatives that have been used to naturally medicate stress. Herbal alternatives like St. Johns Wort, Kava, 5-HTP, Valerian and SAM-e have all been show to relieve stress and some forms of symptomatic anxiety in clinical trials.

**Behavioral Therapy**

Behavioral therapy helps you weaken the connections between troublesome situations and your habitual reactions to them. Reactions common to stress such as irritability, anxiety, depression, anger, and self-damaging behavior can be controlled. Behavioral therapy teaches you how to calm your mind and body, so you can feel better, think more clearly, and make better decisions.

**Cognitive Therapy**

Cognitive therapy teaches you how certain thinking patterns are causing your symptoms—by giving you a distorted picture of what's going on in your life, and making you feel anxious, depressed or angry for no apparent reason, or provoking you into negative actions. Resolving the cognitive aspect of stress can mean less worrying, less unpleasant thoughts, and a positive outlook on life.

**Literary Therapy**

Literary therapy incorporates books, articles, and other research materials into the process of healing. By gathering information about stress, one can acquire in-depth knowledge about his or her problems. This knowledge provides the essential tools for controlling and resolving ones issues. There is an extensive amount of information available from a wide range of perspectives.

**Talk Therapy**

Talk therapy involves the idea of healing through communication. Talking to friends, family members, or a therapist can help one to find support for those dealing with stress. Communication comes naturally to humans, and the simple act of discussing one’s problems can be extremely helpful in the healing process.

**Talking to Your Doctor about Stress**

Communicating with your doctor is an important part in the diagnosis and treatment of stress. By talking to your doctor openly, you allow him or her to provide you with the best stress treatment possible.

**Medication**

Medication or drug therapy is also a stress management option that can be discussed with your Doctor. This form of stress treatment is generally only considered in extreme situations where the individual cannot cope with stress and does not respond to any other form of treatment.

**Ayurveda Stress and Strain Relief Treatments**

Ayurveda is an ancient technique of treatment, originated in Indian thousands of years ago. Today it is popular not only in Asian region but many parts in the worlds for its efficacy in treatment of wide range of diseases. It makes use of natural herbs, exercise and meditative procedures in the treatment which are absolutely free of side effects. Ayurveda has proven to be equally effective in management of stress and strain related problems of life caused due to several reasons.

**Stress management with Ayurveda and Ayurvedic Treatment for Stress Related Problems**

Stress is nothing but the body’s reaction to a situation. Faced with an emotionally or physically challenging situation the body adjusts itself and releases certain chemicals like adrenaline etc. to cope better with the situation. This results in manifestations like pounding heart, perspiration or a flushed or reddened face. Small amounts of stress are actually considered to be beneficial and productive towards work, where in the person puts the extra effort to achieve his/her accomplishments. But chronic stress can affect the normal physical and mental functioning of the body and may lead to break down of certain bodily mechanisms.
Panchkarma techniques are found to be very useful in treatment of stress related problems. Panchkarma is a procedure which finds the cause of the problem and corrects it by balancing the doshas of the body. Suggested in stress related case are Abhyanga, Shiroabhyanga and Shirovasti.

- Brahmi is a herbal medication that balances the two hemispheres of the brain and activates the chakra of crown.
- Chandan (sandalwood) is calming agent which cools down the mind by satiating Pitta dosha.
- Ashwagandha is an important herb that is known to maintain the chemical balance in the brain and is a proven stress buster.
- An herb named Yashtimadhu enhances the cognitive functioning of the brain by improving various perception and memory related areas.
- Apart from the above herbs, the one that are used in the treatment of stress related problems are Shankh Pushpi, Vacha, Amalaki and Guduchi.

In our day to day life we come across situations will cause strain to our body and the resulting pain might last for a few hours, few days or often for a longer period of time. The causes of body strains may include several reasons like trauma, irregularities in life style, insufficient rest or chronic pain causing diseases like arthritis and other joint pains.

Ayurveda believes that the cause of strain or pain in one’s body is related to energy imbalances and (imbalance in doshas) and are aggravated by several factors like dietary habits, lack of exercises and improper routines. Following are the recommendations made by Ayurveda to deal with strain related situations:

- A message of Ayurvedic oils in the affected part is greatly helpful is dissolving the impurities in the tissues and wash them in the blood flow, eventually eliminating the pain
- It is advisable to follow a dietary routine which facilitates easy digestion and absorption which again is helpful in maintaining a balance in doshas, lacking which will cause chronic strain related problems.
- Painful conditions are a result of vata imbalance and this can be reversed with the use of specific herbs, yoga positions and meditation.
- Managing your stress is also related with management of strained situations .Ayurveda recommends warm oil massages and certain yoga postures for good stress management.
- Ashwagandha, Celery, Bishop’s weed, Ginger, Garlic, Dandelion etc. are some of the herbs that are used to treat strain related conditions.

**DRUG THERAPIES FOR STRESS MANAGEMENT**

**Benzodiazepines (BZ's)**

- Examples of BZ's are valium and librium and these are the most commonly used drugs to treat stress and anxiety.
- BZ's work by slowing down the central nervous system activity of the person taking it by enhancing the effect of GABA (gamma-Aminobutyric acid) on the brain's neurons. GABA is a neurotransmitter that locks onto the receptors that are on the outside of receiving neurons (about 40% of our brain's neurons respond to GABA) and increases the flow of chloride ions into the neuron. An increased flow of chloride ions makes the individual feel more relaxed because they make it harder for the neuron to be stimulated by other neurotransmitters and therefore slow down its activity.

**Beta-Blockers**

- Beta-blockers work by reducing the activity of adrenaline and noradrenaline produced as a result of the body's response to acute stress (sympathomedullary response). Organs in the body are stimulated by the presence of adrenaline (for example the heart beats faster and blood pressure increases etc.) and what beta-blockers do is bind to receptors on the cells of the organs that are usually aroused during this process. This makes it harder for these cells to be stimulated and therefore the heart beats slower and blood pressure decreases and as a result of this the person feels calmer and less anxious.

**Pros**

- One way of testing the effectiveness of a drug is to get a group of people that have the condition that needs to be treated and give them either the drug or a placebo. From the findings you can tell if the drug is actually effective because of its pharmacological properties rather than something psychological.
- In 1986 Kahn et al used this technique to test the effectiveness of BZ's. They followed 250 patients over 8 weeks and found that BZ's were significantly superior compared to the placebos at treating anxiety and stress.
Cons
- Drug therapy is very effective and easy to use; however it does have some negative aspects. For example in 1997 Ashton saw that patients taking BZ's to treat anxiety and stress showed withdrawal symptoms when they stopped taking them, even if they were only taking small doses. The recommended time that a person takes BZ's was then reduced to 4 weeks because of the addictive nature of the drugs.
- Drugs also only temporarily treat the symptoms associated with stress, this is fine if the person on the drugs is experiencing an acute and temporary stressor but if the stress is chronic then stressor will still be there after the course of drugs has finished. It doesn't seem to appropriate to put someone on drugs that may cause more problems (such as addiction) if when the person comes off them they will still have to face their problems and stress.

CONCLUSION
As we know very well that Stress causes bodily or mental unrest and produces various types of diseases such as depression, fatty body, obesity, diabetes, metabolic disorders, heart diseases etc. The process of stress management is named as one of the keys to a happy and successful life in modern society. Many practical stress management techniques are available, some for use by health practitioners and others for self-help, which may help an individual to reduce stress, provide positive feelings of being in control of one's life and promote general well-being. Stress management involves controlling and reducing the tension that occurs in stressful situations by making emotional and physical changes. It also refers to a wide spectrum of techniques and psychotherapies aimed at controlling a person's levels of stress, especially chronic stress, usually for the purpose of improving everyday functioning. Get regular exercise, Spending time in nature, Drink filtered water and nourish your body with healthy food, Be mindful of the breath, Pay attention to your thinking, Learn what nourishes you, Think about what matters most to you and Love is a natural stress reliever are the some tips designed to help you reduce stress and keep it under control. We can learn relaxation techniques and other methods to manage stress so that we have control over our stress and its effects on our physical and mental health. Meditation can relax your mind and help fight stress. It is one useful technique for dealing with stress. So, we can live a healthy life by followed stress less life schedule and applying stress management techniques for reducing stress in our life.

REFERENCES

www.iajpr.com