

UNIT- II DYNAMIC PERSONALITY

1. Personality and Leadership.
2. Personality and goal achievement.
3. Importance of Health body for Healthy Personality.

UNIT- III HABITS AND PERSONALITY DEVELOPMENT

1. Habits and Manners.
2. Good and Bad Habits.
3. Manners –Fundamentals

UNIT- IV WAYS TO POSITIVE HABIT FORMULATION

1. Ways to inculcate.
2. Good Habits and Success.
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UNIT- V COPING WITH STRESS

1. Meaning and environmental causes of stress
2. Stress and physical problems
3. Stress management techniques

Unit-5 Lesson-1-

COPING WITH STRESS MEANING AND ENVIRONMENTAL CAUSES OF STRESS:-

Stress is a normal part of life, and it may manifest itself in different ways. However, stress is not always bad; in fact, it can be a motivator, which helps the body prepare to prepare for potentially dangerous and life-threatening situations. What is Stress? Stress, from a biological perspective, is defined as a reaction to change or a process of responding to any kind of perceived threat. Usually, stress stimulates the release of hormones such as adrenaline, cortisol and noradrenaline, which in turn, induces several changes in the body that prepare it for fight or flight situations. We experience stress from different factors, including our environment, our body, and even our thoughts. Causes of Stress There are different factors that can cause stress, and every individual has different stress triggers. According to research, work-related stress is one of the most significant causes of stress. Other causes of stress include:

Marital issues●

Unemployment●

Health issues●

Work pressure●

Lack of support●

Traumatic events or accidents•

Emotional trauma/ Poor mental health•

Financial commitments•

Perilous working conditions•

Long work hours•

Symptoms of Stress The symptoms of stress may vary. However, the most common symptoms are:

1. Anxiety
2. Insomnia
3. Migraines
4. Dizziness
5. Headaches
6. Depression
7. Weight gain
8. Hypertension
9. Heart disease
10. Rapid heartbeat
11. Shortness of breath
12. Tension
13. Poor memory
14. Issues with concentration

Chronic stress can also lead to: 1. Stroke ENVIRONMENT CAUSES OF STRESS Stress occurs when an event or stimulus requires us to change in some way. Stress is our brain's way of saying, 'I know I have to change, but I don't have to like it!' Stress involves an imbalance between what is demanded of us and what we are able to cope with or respond to. Stress varies based on the individual and situation. Most stress is temporary, although there are situations where stress can last for a long time. For example, people who work in sales and advertising generally find that there are high levels of stress associated with their careers. In these cases, stress must be managed.

For example, a first-time parent may feel stress as a result of bringing a new baby home, but by the end of the first week, the parent has ideally learned how to cope with these demands and is no longer stressed. Stress can build over time if not managed properly, causing several health effects, including anxiety, headaches, problems sleeping, depression, and high blood pressure. Environmental Stressors Stressors that are found in our surroundings are called environmental stressors. Everyday life is full of environmental stressors that cause minor irritations. If you use an alarm clock to wake up, the loud noise from your alarm is an environmental stressor. Extreme temperatures are also environmental stressors and can lead to discomfort. Other common environmental stressors include:

- Noise•
- Crowding•
- Air quality•
- Colors•
- Tornadoes and other natural disasters•
- War and other manmade disasters•
- Light•
- Insects•

Unit-5 ,Lesson-2

Stress and physical problems Stress can be short-term or long-term. Both can lead to a variety of symptoms, but chronic stress can take a serious toll on the body over time and have long-lasting health effects. Some common signs of stress include:

- 1 Changes in mood•
- 2 Clammy or sweaty palms•
- 3 Decreased sex drive•
- 4 Diarrhea•
- 5 Difficulty sleeping•
- 6 Digestive problems•
- 7 Dizziness•
- 8 Feeling anxious•
- 9 Frequent sickness•
- 10 Grinding teeth•
- 11 Headaches•
- 12 Low energy•
- 13 Muscle tension,
- 14 especially in the neck and shoulders•

15 Physical aches and pains•

16 Racing heartbeat•

17 Trembling•

18 Identifying Stress Stress is not always easy to recognize,

but there are some ways to identify some signs that you might be experiencing too much pressure. Sometimes stress can come from an obvious source, but sometimes even small daily stresses from work, school, family, and friends can take a toll on your mind and body.

If you think stress might be affecting you, there are a few things you can watch for: Psychological signs such as difficulty concentrating, worrying, anxiety,• and trouble remembering Emotional signs such as being angry, irritated, moody, or frustrated•

Physical signs such as high blood pressure, changes in weight, frequent• colds or infections, and changes in the menstrual cycle and libido Behavioral signs such as poor self-care, not having time for the things• you enjoy, or relying on drugs and alcohol to cope

Impact of Stress The connection between your mind and body is apparent when you examine the impact stress has on your life. Feeling stressed out over a relationship, money,

or your living situation can create physical health issues. The inverse is also true. Health problems, whether you're dealing with high blood pressure or you have diabetes, will also affect your stress level and your mental health. When your brain experiences high degrees

of stress, your body reacts accordingly. Serious acute stress, like being involved in a natural disaster or getting into a verbal altercation, can trigger heart attacks, arrhythmias, and even sudden death. However, this happens mostly in individuals who already have heart disease.

5 Stress also takes an emotional toll. While some stress may produce feelings of mild anxiety or frustration, prolonged stress can also lead to burnout, anxiety disorders, and depression. Chronic stress can have a serious impact on your health as well. If you

experience chronic stress, your autonomic nervous system will be overactive, which is likely to damage your body. Effects of Stress on Your Health There are some physical changes which a person experiences during stress. These physical changes include-

headache, irritability, mood swings, sleep disorders, etc. Prolonged stress can adversely affect health, leading to conditions such as

Fatigue•

Depression•

Atherosclerosis•

Fertility problems•

Breathing problems•

Weight gain or loss•

Abnormal heartbeat•

High blood pressure•

Heart-related disorders•

Cramps and constipation•

Diabetes•

- Hair loss•
- Heart disease•
- Hyperthyroidism•
- Obesity•
- Sexual dysfunction•
- Tooth and gum disease•
- Ulcers•

Treatment Stress is not a distinct medical diagnosis and there is no single, specific treatment for it. Treatment for stress focuses on changing the situation, developing stress coping skills, implementing relaxation techniques, and treating symptoms or conditions that may have been caused by chronic stress. Psychotherapy Some forms of therapy that may be particularly helpful in addressing symptoms of stress including cognitive behavioral therapy (CBT) and mindfulness-based stress reduction (MBSR). CBT focuses on helping people identify and change negative thinking patterns, while MBSR utilizes meditation and mindfulness to help reduce stress levels. Medication Medication may sometimes be prescribed to address some specific symptoms that are related to stress. Such medications may include sleep aids, antacids, antidepressants, and anti-anxiety medications. Complementary and Alternative Medicine Some complementary approaches that may also be helpful for reducing stress include acupuncture, aromatherapy, massage, yoga, and meditation. Although stress is inevitable, it can be manageable. When you understand the toll it takes on you and the steps to combat stress, you can take charge of your health and reduce the impact stress has on your life. Learn to recognize the signs of burnout. When you start to feel symptoms of emotional exhaustion, it's a sign that you need to find a way to get a handle on your stress. Try to get regular exercise. Physical activity has a big impact on your brain and your body. Begin jogging, exercise reduces stress and improves many symptoms associated with mental illness. Take care of yourself. Incorporating regular self-care activities into your daily life is essential to stress management. Learn how to take care of your mind, body, and spirit and discover how to equip yourself to live your best life. Practice mindfulness in your life. Discover how to live more mindfully throughout your day so you can become more awake and conscious throughout your life. Unit-5, Lesson-3 Stress Management Techniques Stress & anxiety are common among the youth but it's hardly ever paid any heed to only to face the consequences later. So, if you are stressed, deal with it now and deal with it in the right manner. Here are a few tips: Train your brain to be quiet: Meditation has multiple benefits on your mind and body. Meditating for just 10 minutes a day can do wonders for your brain. Meditation helps you deal better with a lot of things in life. Most importantly, it helps eliminate the random negative thoughts that occupy your mind and contribute to stress and anxiety. Get proper rest: Take proper sleep (7-8 hours). Chronic sleep deprivation can really strain your nerves and reduce your cognitive abilities, reduce your IQ and also your concentration power. Follow a simple nighttime routine to help you unwind better. Setting

a bedtime alarm can be a good idea. Also, make the environment around you conducive to sleep. Keep yourself happy: Happiness is a habit and not an effect as most people would like to think. Nothing causes a person to be happy, you are happy because you want to be. So, you must never stop wanting to be happy. Look for what you can do to become a much happier person each day. A positive mindset is the key.

Think of the big picture: When often focus on trivial things and forget our goal. In times such as those take some time to ask yourself the right questions, get to the root of the problem and take smart decisions. Eat a balanced diet: Eating healthy plays an important role in keeping your stress levels down. A hormone called cortisol is responsible for causing stress in your system. Magnesium helps reduce the cortisol levels. Food such as nuts, leafy greens, berries, raw cocoa are high in magnesium content. Eat a low sugar and high protein diet and don't drink your calories. Do not skip meals and snack on healthy foods. Drink a lot of water: You should drink at least 2 litres of water to keep yourself healthy. Lack of water causes a havoc in your system if you are working under pressure. Find a hobby: Art keeps you occupied in a meaningful way and also helps you destress. So, find a hobby and stick to it. Challenge your body, let your mind take the backseat: Physical exercises are very good for the brain, as they help release the feel good hormones like endorphins. They also help improve your brain's cognitive performance and problem solving abilities. It also helps boost long term memory. You can choose to do yoga, cardio exercises or something simpler like a run in your neighbourhood or brisk walking. Read more (Watch less TV): Reading helps the mind unwind and relax. It not only entertains but exercises your brain and makes you a much knowledgeable person capable of striking up a conversation with anyone anywhere. Handling stress is an ultimate deciding factor between two individuals with equal opportunities and capabilities. Performance is a combination of intelligence and your state of mind. While you keep acquiring more knowledge, but if your state of mind is not right it is of no avail. So, handling stress is very important. One way to handle stress is to look beyond the task that needs to be accomplished. If you focus too much on the task you will end up stressing so instead look at yourself beyond the process. This will amazingly calm your mind. During the course of your preparation keep your mind as stress free as you can. Take corrective steps to avoid any such problems that might be hampering your preparation. Let nothing take away your peace of mind. Be calm, composed, cheerful and jolly. Do your best and leave the rest.

Tips for Managing Stress Always have positive thoughts• Have a healthy and balanced diet• Exercise regularly• Ensure adequate sleep• Practice meditation and breathing technique• -----