

GRADUATE SCHOOL OF BUSINESS AND ENTREPRENEURSHIP



English in business communication skills:

Lesson 10

Stress and stress management

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CONTENT:

1. When working is stimulating;
2. What is stress management;
3. When stimulation turns to stress;
4. Downshifting;
5. Internet use could lower risk of dementia;



<https://www.shutterstock.com/ru/search/stress-management>

When work is stimulating

‘My name’s Patricia and I’m a university lecturer. I chose this profession because I wanted to do something **rewarding** – something that gave me satisfaction. Ten years ago, when I started in this job, I had lots to do, but I enjoyed it: preparing and giving lectures, discussing students’ work with them and marking it. I felt **stretched** – I had the feeling that work could sometimes be difficult, but that it was **stimulating**, it interested me and made me feel good. It was certainly **challenging** – difficult, but in an interesting and enjoyable way.’

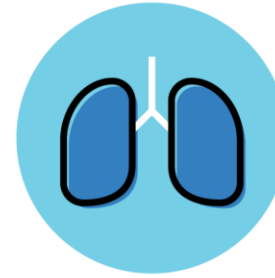


What is stress management? How do we control, reduce, and cope with our stress? Check out these science-based stress management strategies.

Stress management defined

Stress management is defined as the tools, strategies, or techniques that reduce stress and reduce the negative impacts stress has on your mental or physical well-being. A variety of techniques can be used to manage stress. These include mental, emotional, and behavioral strategies. When stress management is used regularly and in response to stressful life events, we can optimize our well-being (take this well-being quiz to see how you're doing).

5 TECHNIQUES FOR STRESS MANAGEMENT



DEEP BREATHING



MINDFULNESS



MOVEMENT



POSITIVITY



SELF-CARE

#DeStressMonday

DeStressMonday.org

**DESTRESS
MONDAY**

<https://www.mondaycampaigns.org/destress-monday/the-5-most-important-techniques-for-stress-management>

Why Managing Stress Is Important

Stress can be acute (e.g., in response to a lion) or chronic (e.g., in response to a stressful job we've had for years). Stress can come from work, finances, relationships, and a variety of other places, but stress can also come from inside the body, from illnesses or inflammation. When we get stressed, we may at first feel energized. That's because cortisol gives us the energy we need to escape predators or fight disease and inflammation. But when we are stressed too much, we can start to feel wired.



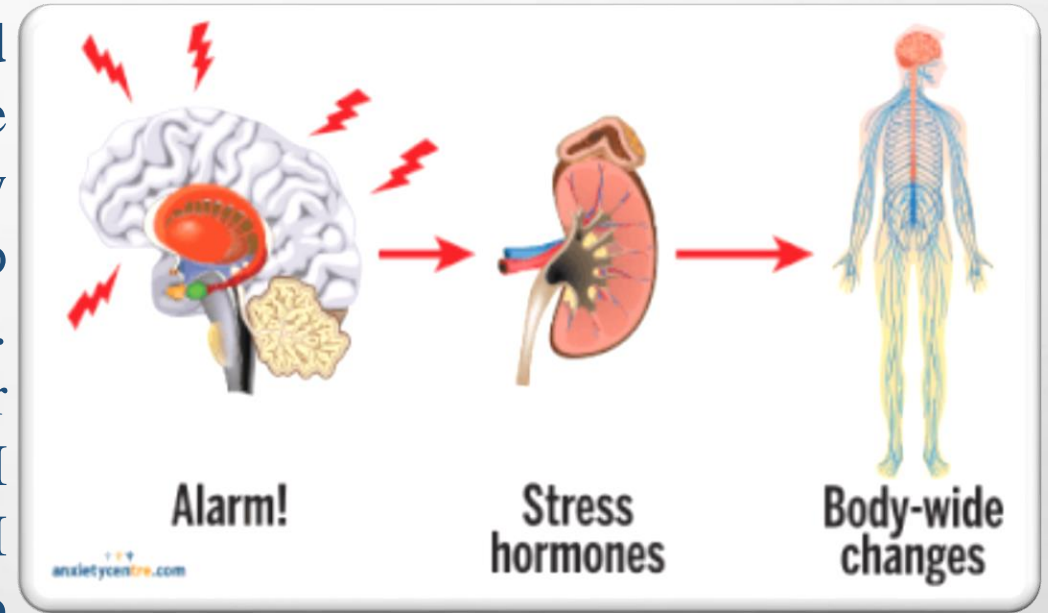
<https://www.educba.com/stress-management-skills/>



Then after time, we start to feel exhausted. That's because we were designed to get bursts of energy to chase after our next meal or run away from a lion. But now in our modern world, we have this kind of ongoing chronic stress that wears us down over time. This can be devastating for our mental and physical health. And we may even need a stress detox to remove the built up stress hormones and get our bodies working properly again.

When stimulation turns to stress

‘In the last few years there has been more and more administrative work, with no time for reading or research. I felt **pressure** building up. I began to feel **overwhelmed** by work – I felt as if I wasn’t able to do it because the pressure and my employer’s **demands** – what they wanted – were too high. On Monday mornings I began to feel so worried about the week ahead that I felt quite ill. I’m sure this feeling was caused by **stress**. My doctor agreed and said that it was **stress-induced**. ‘Luckily, I was able to deal with this by starting to work part-time. I was luckier than one of my colleagues, who was also continually **under stress**. He **became** so **stressed out** because of **overwork** that he had a **breakdown**. He’s completely **burned out** – so stressed and tired by his work that he will never be able to work again.’

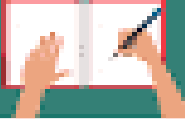


<https://www.anxietycentre.com/anxiety-disorders/symptoms/stress-response/>

HOW TO REDUCE STRESS

KEEP A DIARY

Be more objective about the whole situation



DECISION-MAKING

Negative emotions can influence your judgment



FREE YOUR SCHEDULE

Take a deep breath and rethink your schedule for the day



DO YOUR THING

Engage in an activity that brings you pleasure



MEDITATE

Feel better from a psychological point of view



SPEND TIME WITH YOUR LOVED ONES

Be with people that make you feel good



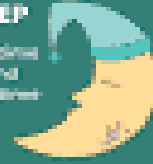
EXERCISE

Start releasing endorphins, which are hormones that can help fight off stress



SLEEP

Give your body time to regenerate and give your mind time to take a well-deserved rest



AROMATHERAPY

Herbal treatment that uses the power of plant extracts to promote well-being



THERAPY

Therapist guides you to express parts of your past that a lot of people find difficult to talk about



BOOST YOUR SELF-ESTEEM

Focus on what you're good at



Dealing with stress is not always important, and a lot of people see stress as something that everybody has to deal with, so the best they can do is "tuck it away"

Ways to manage stress

Given how bad stress is for the body, managing stress is essential. Managing stress is simple, although not always easy. There are lots of ways to do it. In the article below, we'll talk about some of these ways.

Stress management activities

Some of the most important activities for stress management include optimizing sleep, eating, and exercise.

We can also build up our stress management skills. Here are some skills that can help you beat stress.

Try meditation

Multiple studies have shown that meditation can decrease cortisol in the context of stressful situations. This suggests that building our meditation skills may be helpful for managing stress.



<https://innermindinstitute.org/businesses/>



https://tyonote.com/social_process/

Opportunities to be kind to others

Expressing positivity towards others, for example with compassion, gratitude, and loving-kindness, can buffer us against stress. So finding ways to be kind may indeed be a good stress reducer.

Shift your mindset

When we are stressed, we can view the situation as a challenge that we can handle or a threat that we are afraid of. The research suggests that viewing a situation as a challenge (and not a threat) reduces our stress. So try to remind yourself that *“You can do this! And you’re stronger than you think!”*



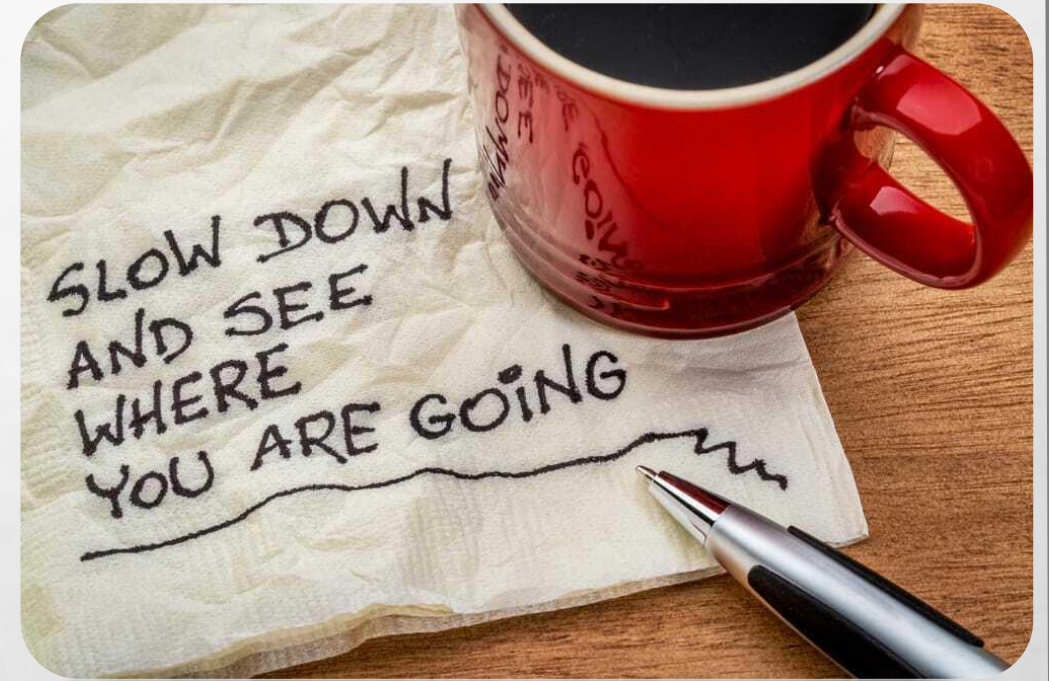
<https://7corewellness.com/how-to-shift-your-mindset-for-healthy-habit-success/>

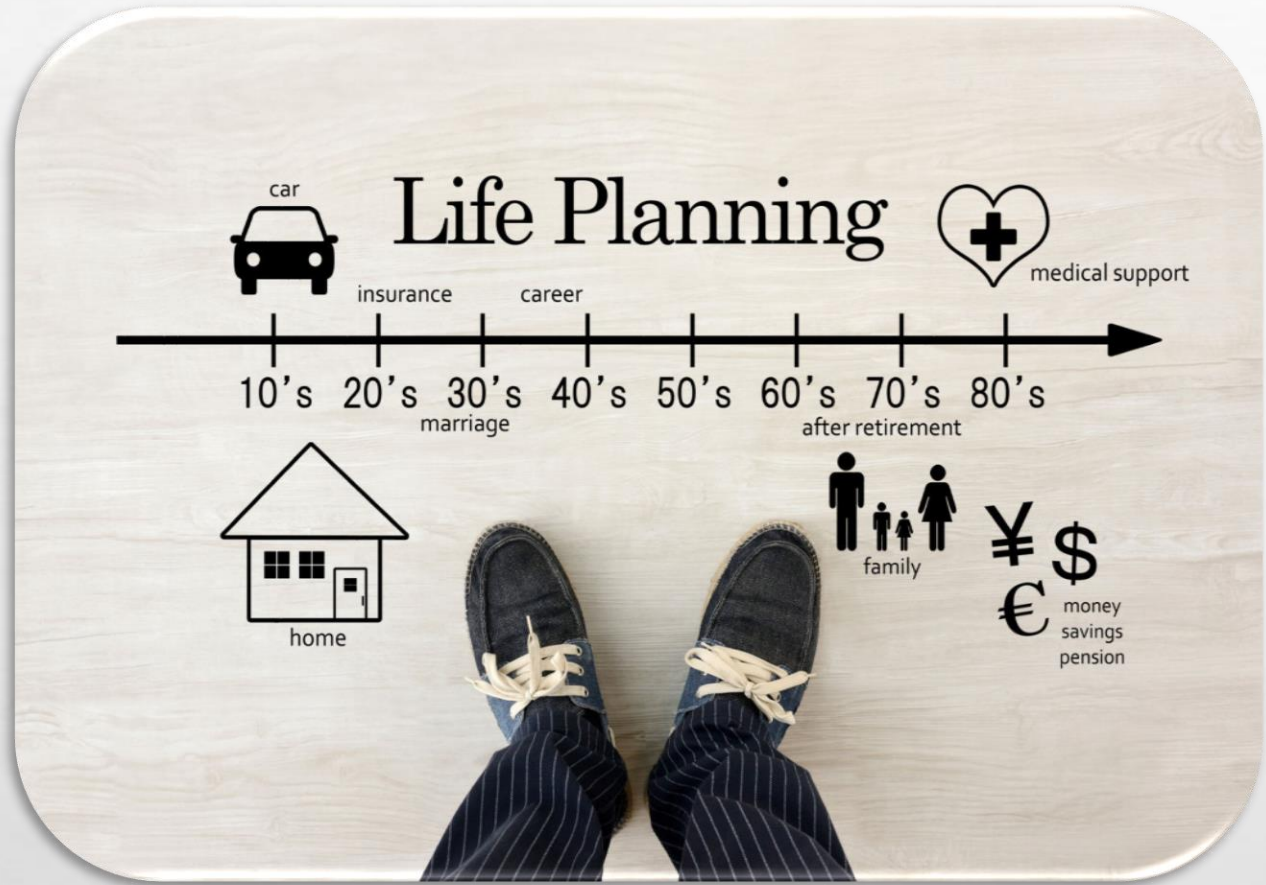
Downshifting

‘More and more people want to escape the **rat race** and get off the **treadmill** – the feeling that work is too competitive – and are looking for **lifestyles** that are less **stressful** or completely **unstressful**.

‘Some people choose to work from home so as to be nearer their families. People are looking for a better **quality of life** – a more relaxed way of living, perhaps in the country. Or perhaps they are looking for more **quality time** with their children – more than just preparing meals for them, taking them to school, etc.

<https://www.Karriere.At/c/a/downshifting>





All this is part of **work–life balance** – a better balance between the demands of their job and the need for relaxation time with family, friends, etc.

‘Choosing to work in less stressful ways is known as **downshifting** or **rebalancing**, and people who do this are **downshiffters**.’

<https://researchworld.com/articles/downshifting-lifestyles>



Downshiffters believe that through fewer hours of work they can have time to enjoy the important things in life. For example, they may move to a smaller house to reduce monthly expenditures and be able to spend more time outdoors. They also emphasize the benefits of consuming less and reducing their ecological footprint.

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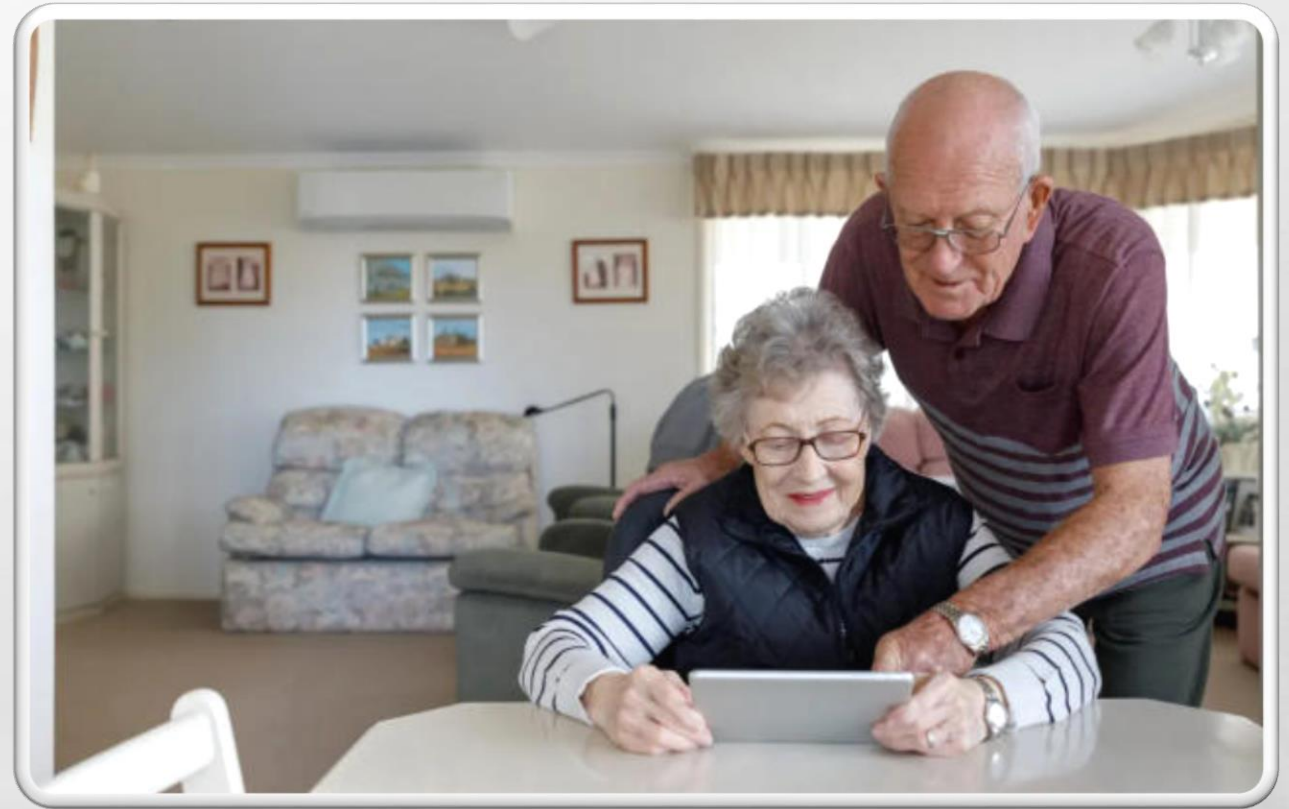
<https://www.vectorstock.com/royalty-free-vector/isometric-downshifting-concept-vector-41520230>

The decision to downshift may be based on a number of reasons:

- Reduce stress and enjoy a better work-life balance.
- Achieve a more fulfilling career or relieve work-related stress.
- Have more time to spend with family and friends or to enjoy hobbies.
- Improve health by exercising more.
- Reduce spending and remove unnecessary, materialistic things.
- Support the local community by volunteering, buying locally, or participating in local activities.
- Help the environment by reducing consumption and the ecological footprint.

Internet use could lower risk of dementia (8th may 2023)

There is a plethora of research on the potential harm of the internet. However, new research suggests that spending time online could be good for the mental health of older people. A study conducted by researchers from New York university found that regular internet use could reduce the risk of dementia in those over 50. Study co-author Dr. Virginia Chang explained why there could be a link between being online and better mental health. She wrote: "online engagement may help to develop and maintain cognitive reserve, which can in turn compensate for brain aging and reduce the risk of dementia." The study concluded that "regularly using the internet may be associated with cognitive longevity".



https://news.yahoo.com/internet-seniors-regular-basis-could-202324010.html?guccounter=1&guce_referrer=ahr0chm6ly93d3cuz29vz2xllmnvbs8&guce_referrer_sig=aqaaagembuir419qv69yiplqnr0rhaodr8lmjmve-jnzf32wua4v1qqsrmmcjkhemw7wuzptjkuytvp9s1q9avskxgmkoddz6wsoyph6qsggqkzzjh_hb1ogori-kauo2nd8ykhfre53ijdym1z0ctb7isvqv1irctkszl1arke35h1

Internet use could lower risk of dementia (8th may 2023)



<https://alzheimer.ca/greybruce/fr/node/2583>

Researchers analyzed data from an American health and retirement study. This research involved questioning 18,154 adults over the age of 50 every two years for 16 years. All of the participants were dementia-free at the start of the research. Everyone was asked about their physical and mental wellbeing, and about how long they spent interacting with the internet.

Internet use could lower risk of dementia (8th may 2023)

The researchers discovered that those who used the internet for up to two hours a day were half as likely to be diagnosed with having signs of dementia than those who were never online. The research also found that excessive Internet use (of 6 to 8 hours a day) may exacerbate the risks of developing dementia.



<https://consultqd.clevelandclinic.org/clinical-diagnosis-of-alzheimers-disease-depends-on-both-clinical-and-biomarker-evidence/>

Reference

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Thank you for attention!