



## Stress treatment

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### Abstract

Stress is a reaction to things happening in your life, it is not a state of physical or mental ill-being. Therefore, there is no specific medication for stress. Before taking any drug or opting for any treatment, it is important to make sure that you have all the facts needed to make an informed choice such as what the drug is, why it has been offered, possible side effects, benefits, risks and alternative treatments. There is no specific treatment available for stress since it is not a medical diagnosis. There are treatments available that help in easing the stress, which include, Talking treatment Ecotherapy, Medication and Alternative treatments.

**Keywords:** stress, yoga, acupuncture

### 1. Introduction

Stress is healthy response to difficult situations. It may not be possible to remove stress from your life. However, it can be managed.

1. Monitor your levels of stress and see if they are helpful or getting you down.
2. Think about the pressures you place on yourself which are ultimately increasing your stress.
3. Deal with unhelpful sources of stress before they become a bigger problem.
4. Create a stress diary, and write it down when you feel stressed.
5. Eat healthy.
6. Exercise daily.
7. Make time for things you enjoy.

### 2. Talking Treatments

Talking with a trained professional helps you deal with stress more effectively and manage your emotions efficiently. A person trained in talking treatments can help you manage and cope with:

- Mental disturbances
- Physical health problems
- Vehemence
- Traumatic experiences

The objective of talking treatments is to make you understand and explore your emotions better. You may want to talk about the way you think about things or things that are troubling you. There are a lot of different talking treatments but they have the same purpose.

- Art therapy
- Cognitive analytic therapy
- Drama therapy
- Family therapy
- Interpersonal therapy
- Group therapy

The main objective of all these therapies is to make you aware of your thought pattern, recognize your trigger points and help you inculcate positive ideals.

### Ecotherapy

The way of improving your physical and mental wellbeing and self esteem by spending time with nature is called ecotherapy. Ecotherapy includes exercising in the green spaces or indulging in gardening or a conservation project. It dwells on the fact that connecting with nature can benefit you and bring positive changes to your health. It helps you manage your mental health or prevent ill health periods. Ecotherapy provides variety of interventions, whether they are prolonged periods in wilderness, gardening or individual therapy. They are all united by the concept that exposure to nature will improve wellbeing and promote healthy living. Immersion in greenery or huge landscapes; reduces depression, delinquency, addiction and other problems. A heightened awareness of plants, animals and landscape leads to better the existence. The power of nature encourages a sense of higher powers and connection both to self and to others.

### Medication

For any medication or treatment to work it depends on the severity of your anxiety. Therefore, it is important that you know your anxiety score. Medications provide an easy pathway to combat stress and anxiety. They are specifically designed to provide instant relief from the symptoms, though it can take weeks to work but they still are faster than some stress reduction techniques. These medications can have a serious downside to it. The body becomes adapted to the effects of the medicine. The brain starts to depend on it to a point where your natural stress coping ability becomes worse and when the medication is stopped the side effects intensify. Currently there is no medication for stress but doctors prescribe anxiety medication instead. Generally, the medication which is weak and has minimal side effects is

given. Bupropion, Benzodiazepines, SSRIs are the most well known.

### **3. Alternative Treatments**

Alternative treatments or complementary therapies help you manage your anxiety and stress. This includes:

#### **i) Yoga and Meditation**

Yoga helps to calm the mind and invigorates the body. It relieves the body of stress, tension, insomnia and distractions. Poses like Garudasana, Uttanasana, Balasana, Vajrasana and Supta Baddha Konasana helps you release the tension and stress that you are holding. Yoga can help quite a busy mind, balance the nervous system and promote feelings of inner peace. It helps balancing the sacral chakra and contribute towards excessive emotional energy.

#### **ii) Acupuncture**

Acupuncture acts like physical therapy for nervous system. It entrains the body and brain to behave in ways that correspond to desired effects and positively influence stress symptoms. Acupuncture has a positive effect on Heart Rate Variability which promotes central automatic network, keeping these both factors balanced diminishes all stress symptoms.

#### **iii) Aromatherapy**

Inhaling certain scents provide stress relief by making the mood better, controlling anxiety and sharpening the focus. The smell stimulates the body and in turn releases chemicals that relax and calm the brain. Popular oils for stress relief include lavender, cypress and rosemary.

#### **iv) Massage**

Massage has been used as a stress reliever for thousands of years. As believed by the Chinese historians, massage is used to open blocked energy channels in order to improve health. Massage tends to sore muscles. It helps the body to relax and improves blood circulation.

### **4. Conclusion**

It may not be possible to remove the stress from your life; however, managing your stress may help you to get things done. Talking to someone you trust, having a health checkup done, exercising, eating healthy and avoiding smoking and alcohol are good ways of handling stress. Mental health care practitioners can treat the effects of stress and see to their associated symptoms. Psychiatrists can prescribe medications if necessary. Also, physicians can be consulted for physical symptoms related to stress.

### **5. References**

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