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Stress and Stress Management Strategies

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Stress is a normal physical response to events that make you feel threatened or upset your balance in some way. There are two types of stress. One of them is called eustress and the other is called distress. Everyone feels and responds to stress differently. In general, stress is related to both external and internal factors. The external factors of stress include major life changes, work load, relationship difficulties and financial problems. While the internal factors; comprise pessimism, negative self-talk and unrealistic expectations. The symptoms of stress vary enormously among different individuals. Excess stress can manifest itself in a variety of physical symptoms like change in appetite, back pain, restlessness, sleeping problems, behavioral symptoms as overeating, increasing use of alcohol or other drugs, emotional such as anxiety, nervousness and being easily upset and cognitive symptoms as inability to concentrate and difficulty making decisions. Various strategies can be used to manage stress. Some of these strategies incorporate talking to someone, avoiding hot-button topics, time management, meditation, listening to relaxing music, praying, deep breathing exercises and getting enough sleep.