



## MANAGEMENT OF STRESS IN YOUNGSTERS

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The term adolescents (youngsters) comes from the Latin word youngsters, meaning "to grow or to grow" to maturity." Primitive peoples—as was true also in earlier civilizations do not consider puberty and youngsters to be distinct periods in the life span; the child is regarded as an adult when capable of reproduction

### What is stress?

"Stress" is defined as the way our bodies and minds react to life changes. Since youngsters is a period of significant change, including physical, emotional, social, and academic changes, many teens are under more stress than at any other time of life.

"Stress is the feeling we experience when we lose confidence in our ability to cope with a situation

So it involves both the external pressures of a given situation and our own internal perceptions, thoughts and beliefs about that situation. Thus two individuals in

the same situation can experience very different levels of stress.

### The main presenting symptoms of stress in the youngsters I have seen are:

- Excessive Headaches, Nausea and Abdominal Pain;
- Tendency to Worry A Lot;
- Low Self-Esteem;
- Sleep Disturbances;
- Excessive Anger;
- Moodiness;
- Difficulty with Concentration;
- Having a Delicate Equilibrium / Being Easily Upset.

To help reduce stress levels, regain confidence and promote a sense of being in control, there are a number of simple techniques that children and youngsters can learn. These include breathing awareness, progressive muscle relaxation and visualization. Breathing awareness can be practiced almost anywhere and at anytime, and ideally could be used several times a day. Following the relaxing of the body with a



progressive muscle relaxation exercise, a visualization then deepens the relaxation of the mind. For best results they can be combined in a daily practice session

### **Visualization**

Visualization is thinking in pictures, images and sensations. Visualization is a powerful technique as it enlists the imagination to problem-solve, to provide a haven to calm and nurture the soul and stimulate creativity. Visualization is very absorbing, and tends to stop or slow down the "chatter of the mind", giving time out from the everyday worries, concerns and negative thoughts. Ideally visualization is introduced after progressive muscle relaxation, so you relax the body, and then relax the mind.

### **Common causes of stress for Adolescent are**

#### **Problems with peers:**

Bullying, peer pressure, dating and relationship problems, pressure of peers for taking drugs, entering into sexual relationships, etc.,

#### **Problems with Parents:**

Differences of opinion, troubled relations with parents, etc.,

**Studies and school:** Problems with studies, teachers, not getting desired level of guidance in subjects where the adolescent feels less confident.

**Change in place:** Change of residence or change of school can bring about large doses of stress in a teenager's life.

**Family problems:** Financial problems in the family, troubled relationship amongst parents are often major causes of stress and anxiety for teenagers.

#### **Youngsters Stress Factors**

- Academic Pressure and Career Decisions
- Pressure to Wear Certain Types of Clothing or Hairstyles
- Pressure to Try Drugs, Alcohol or Sex
- Pressure to Fit In With Peer Groups and Measure Up To Others
- Adaptation to Bodily Changes
- Family and Peer Conflicts
- Taking on Too Many Activities At One Time



It is very important for teens to learn to handle stress, as long-term build-up of stress that is not handled effectively may lead to problems, including physical illness, anxiety or depression, which call for professional help.

### **Remedies**

A recent study by the NMHA, showed that as many as one in five teenagers, (20%) suffer from clinical. Stress management in youngsters includes:

1. Exercise and proper diet
2. Avoid caffeine, alcohol, illegal drugs and tobacco
3. Practice relaxation by prayer or meditation
4. be assertive in expressing how you feel
5. Teach yourself practical coping skills such as breaking large tasks into smaller ones
6. Be positive, for every negative thought, find two positive ones about yourself
7. Learn to accept something less than perfection
8. Take breaks during stressful situations
9. Build and maintain a network of

positive friendships

10. Learning how to deal with stress as an adolescent will help you deal with stress as an adult

Eat healthy food, avoid junk food. Stay away from alcohol, drug abuse and smoking. A strong body has the strength to fight stressful situations, while weak Body will fall ill. You need strength to get ahead in life. Neglecting body health is the deadliest sin.

**Exercise regularly**, even if it is for a few minutes a day. Walking, jogging, yoga, Anything will do.

**Learn techniques of stress management and stress relief**, for example, time Management, goal setting, relaxation exercise, creative visualization, positive thinking. Learn to relax. A relaxed body and mind is better equipped to deal with stresses and tensions.

**Develop good relationships** and nurture them. Learn the art of networking,

understand its value. This is your support system that will come to your help when you need it, besides giving you a sense of assurance.



**Sleep well** : Parties, disco, outing and all is fine, but taking a sufficient sleep helps you in keeping a fit body and sharp mind. A good night's sleep gives you the capability to deal with successful situations in an appropriate and timely manner.

**The eight techniques to be covered are:**

Panchakarma

Marma Therapy

Meditation

Bliss Technique

Primordial Sound

Aroma Therapy

Pulse Diagnosis

Gandharva Music Therapi

**PANCHAKARMA—PURIFICATION OF THE BODY**

Physical impurities play a large part in hiding our perfect nature from ourselves, like dust on a mirror.

Steps of Panchakarma

Although literally translated as "the five actions,

In Ayurveda, panchakarma follows these steps:

**Oleation (sneehana).** The patient takes ghee (clarified butter) or some other medicated oil for several mornings in a row to soften

up the doshas and minimize digestive action. (In Ayurvedic terms, **one** is temporarily putting out agni, the digestive fire.)

**OPENING THE CHANNELS OF HEALING**

**Laxative (virechana).** A laxative is taken to flush out the intestinal tract, lowering Pitta and further bringing down agni.

**Oil massage (abhyanga).**

Technicians administer a full-body abhyanga like the one done at home in the daily routine but about twice as long and much more thorough. The oil is herbalized according to body type. More force is used to loosen the excess doshas and direct them toward the organs of elimination. There is also a related treatment called sbirodhara, in which warm, herbalized sesame oil is dripped in a stream onto the forehead to profoundly relax the nervous system and balance Prana Vata, the subdosha of Vata that exerts major control over the brain.

**Sweat treatments (swedana).**

Herbalized steam opens up the pores and begins to rid the body of



impurities through the sweat glands.

**Enema (basti).** Medicated enemas, of which Ayurveda lists well over a hundred, are used for various specific reasons; in general,

Through specific Breathing Exercises, Sudarshan Kriya Yogasanas, Meditation, coupled with lively games & Educative talks, in a joyful and relaxed atmosphere....

### **Stress Management Tips**

- **Making little changes** in your life can really add up to a big feeling of relief.
- **Learn to recognize** when you are feeling stressed and simple ways you can relax.
- **Take a break.** Have a cold drink, get some fresh air, or close your eyes for a minute to refocus.
- **Stay positive** to help friends and family cope with stress.
- **Let others know** you're feeling overwhelmed and tell them how they can help.
- **Allow yourself** to simply say "no" to friends and family when you know you cannot meet their

demands without becoming overwhelmed.

**Be prepared** for unexpected problems such as traffic, a lost pet or a family emergency.

- **Prioritize.** Take control of your "to do" list by deciding what's really most important on your list.
- **Write down feelings** of sadness, frustration or anger to get a clearer perspective of your emotions.
- **Enjoy life's simple pleasures** like colorful flowers, dancing and candlelit dinners.
- **Share your talents** to better the lives of others as well as your sense of well-being.

### **\* Benefits \***

**Moral Development** : Belongingness, caring, sharing, increases positivity, confidence, creativity, enthusiasm, joyfulness, friendliness, Nurturing human values.

**Emotional Development** : Overcoming shyness & handling negative emotions like fear, anger, Jealousy, greed.

**Social Development** : Problem



solving strategies, Development of social skills, leadership training. Group dynamics, service projects like helping elderly people, planting trees & cleaning the environment, communication skills.

**Physical Development** : Strong immune system & higher level of fitness, increased energy level.

**Mental Development** : Calmness of mind, enhanced awareness & alertness, increase confidence & self esteem. Enhanced concentration in every. field of work, grasping power, memory power increased.

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