

POSITIVE COPING - HOW STRESS AFFECTS THE BODY AND HOW TO MANAGE IT.

WHAT OUR PROGRAM (POSITIVE COPING) INCLUDES-

WHAT IS STRESS?

- When we are under pressure or feel intimidated, we react with stress.
- It typically occurs when we are confronted with a situation that we do not presume we can manage or control.
- When we are stressed, we can experience it as an individual, for instance, when we have a number of responsibilities that we are struggling to manage.



WHAT IS THE SCIENCE BEHIND STRESS?

- A stressful event causes the hypothalamus to release cortisol hormones into the bloodstream via the adrenal glands.
- Your blood sugar rises, adrenaline increases your heart rate, and oxygen fills your muscles, causing tension.
- Dopamine levels and dopaminergic neuronal activity in the mesolimbic dopamine pathway are impacted by stress.
- Mesolimbic dopaminergic neurotransmission changes are crucial for managing stress because they enable behavioural adaptation to a variety of environmental stimuli.

THE STAGES OF STRESS-

Stress is divided into three stages:

- the alarm stage
- the resistance stage
- the exhaustion stage.

The alarm stage occurs when your central nervous system is activated, causing your body's defences to gather.

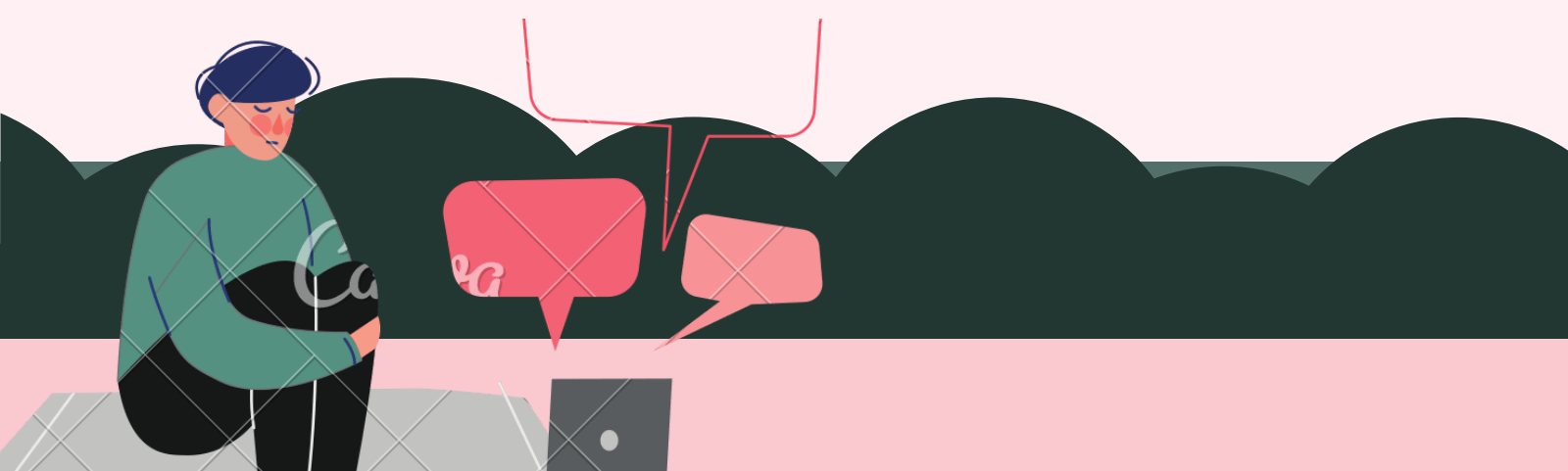


STRESS RELATED STATISTICS

Everyone is susceptible to the effects of stress, regardless of age, sex, ethnicity, or religion. Statistics show how prevalent this mindset is across the world.

The American Institute of Stress claims:

- 33% of people say they are extremely stressed out.
- 77% of people report having stress that negatively impacts their physical health.
- 73% of people experience stress that negatively affects their mental health.
- Stress causes 48% of adults to suffer sleep issues.
- High school students' top health concern is stress.
- 80% of people experience stress at their workplace or job.



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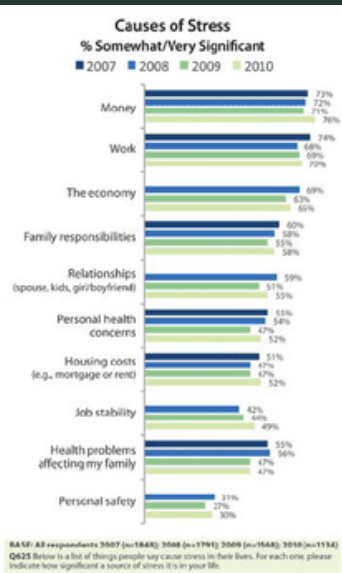


WHAT ARE THE CAUSES OF STRESS?

Almost any circumstance can induce stress depending on a person's mentality and coping mechanisms.

The following are some of the most frequently reported causes of stress:

- Money\Work
- The economy
- Responsibilities towards family
- Relationships
- Difficulties with one's personal health
- Housing expenses
- Job stability/Employment
- Family-related health issues
- Individual safety
- School



WHAT ARE THE SYMPTOMS OF STRESS

In the event that a source of stress is not effectively managed, a person may experience a number of symptoms.

The most widespread signs of stress and the proportion of those who experienced them are as follows:

- Anger and irritability: 45% of people.
- Experiencing fatigue or poor energy: 41%
- Lack of interest or motivation for things: 38%
- Anxiety, nervousness, or worry: 36%
- Headaches: 36%
- Feeling down or melancholy: 34%
- An unsettled stomach, acid reflux, or indigestion: 26%
- Muscular tension: 23%
- Changes in appetite: 21%

HOW TO COPE WITH STRESS

Stress-related symptoms can include experiencing emotional or nervousness, as well as difficulty sleeping or eating.

Here are some constructive methods for managing stress:

- Take breaks from news articles, especially those on social media.
- Ensure your own wellbeing.
- If you're feeling stressed out, take a break.
- Stretch, breathe deeply, or practise meditation.
- Try to have nutritious, balanced meals.
- Regular exercise
- Get lots of rest.
- Try engaging in some other enjoyable hobbies.
- Discuss your issues and coping mechanisms with a parent, friend, counsellor, doctor, etc.
- Abstain from alcohol and drugs. These could appear to be helpful, but they can actually make things worse.
- Realize when you require assistance.

OUR GOALS AS A PROGRAM

Helping and educating everyone about stress, how it affects the body, and how to handle it is *Positive Coping's* top priority.

We are aware that stress is a very prevalent issue in everyone's private and social lives, so we are here to share the word that not many people are currently aware of, and we are making it our major objective to alter this.

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