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# Stress: Causes, Symptoms and management

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## Abstract :

Stress is our body's way of responding to any kind of demand or threat. The stress response is the body's way of protecting you. When working properly, it helps you stay focused, energetic, and alert. In emergency situations, stress can save your life-giving you extra strength to defend yourself. Stress can also help you rise to meet challenges. It's what keeps you on your toes during a presentation at work, sharpens your concentration when you're attempting the game-winning free throw, or drives you to study for an exam when you'd rather be watching T.V. But beyond a certain point, stress stops being helpful and starts causing major damage to your health, mood, productivity, relationships and your quality of life. If we frequently find our self feeling frizzed and overwhelmed. It's time to take action to bring our nervous system back into balance. We can't completely eliminate stress from our life, but we can control how much it affects us. Relaxation techniques such as yoga, meditation, and deep breathing activate the body's relaxation response, a state of restfulness that is the polar opposite of the stress response. When practiced regularly, these activities can reduce our everyday stress levels and boost feelings of joy and serenity. They also increase our ability to stay calm and collected under pressure.

**Keywords :** Cognitive Symptoms, Emotional Symptoms, Psychological symptoms, Physical symptoms, Behavioral Symptoms, Stress Management and relief.

## Introduction

Stress describes a person's physical or emotional response to the demands or pressures of daily life. Common causes of stress include work, money, relationships and illness. Significant events like the Covid-19 pandemic and the Christchurch earthquakes can also increase stress and anxiety.