



You are stressed...

Always For No Matter Where You Go It Follows

While you are driving

- 70%** feel stressed in traffic jam.
- 58%** drivers feel stressed while looking for parking.
- 56%** feel stressed for fear of meeting an accident.
- 48%** fear traffic fines.

* Survey for Asia-Pacific region only.

While you are at work

- 41.7%** reported insomnia due to workplace stress.
- 24.5%** switched careers due to workplace stress.
- 51%** employees feel less productive when they are stressed.

* Respondents are from USA.

While you are studying

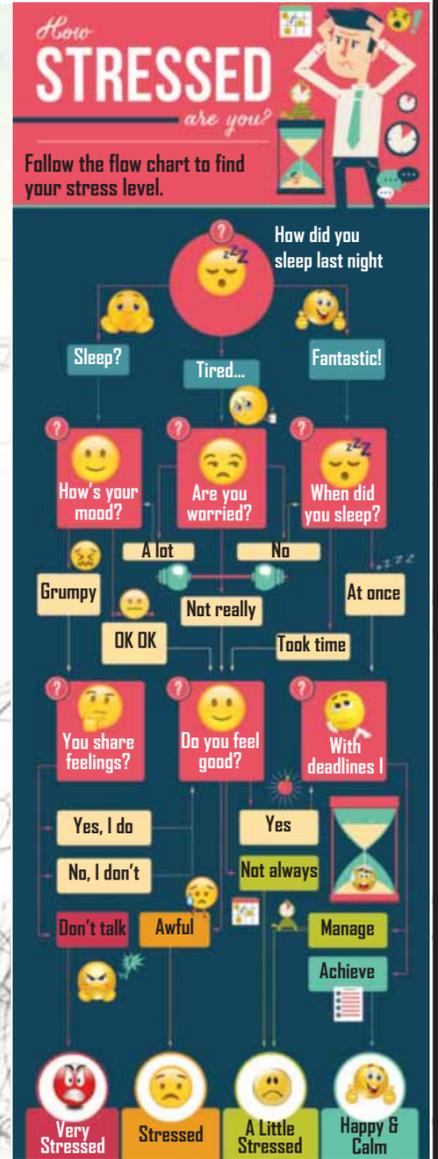
- 6.23** Students in India commit suicide everyday, due to peer pressure.
- <50%** Class XII students admitted of having more than 3 private tutors.
- 82%** students reported high stress levels a week prior to their exams.
- 72%** feel stressed because of excessive homework.

* Study pertains to Indian students only. (Source: Internet)

Numbing numbers stressed facts

- Work-related stress is the **2nd most** frequently reported work-related health problem in Europe.
- In EU, **50-60%** of all lost working days can be attributed to work-related stress.
- Japanese people** are most stressed.
- Annual economic impact of stress in US alone is **USD 400 billion** which amounts to **13%** of the nation's GDP.
- In India, exam stress is one of the **leading** causes of depression and suicide in teenagers.
- A WHO report suggests that India is the **most depressed** country in the world.
- 12.5 million** working days in UK were lost due to work-related stress, depression or anxiety in 2016-17.
- 75-90%** of all physician visits are for stress related ailments.

(Source: Internet)



A body of Issues

Stress affects every body part right from your hair to your toe nail

Hair

Leads to hair thinning and hair loss, may take ten years for the process to reverse

Brain

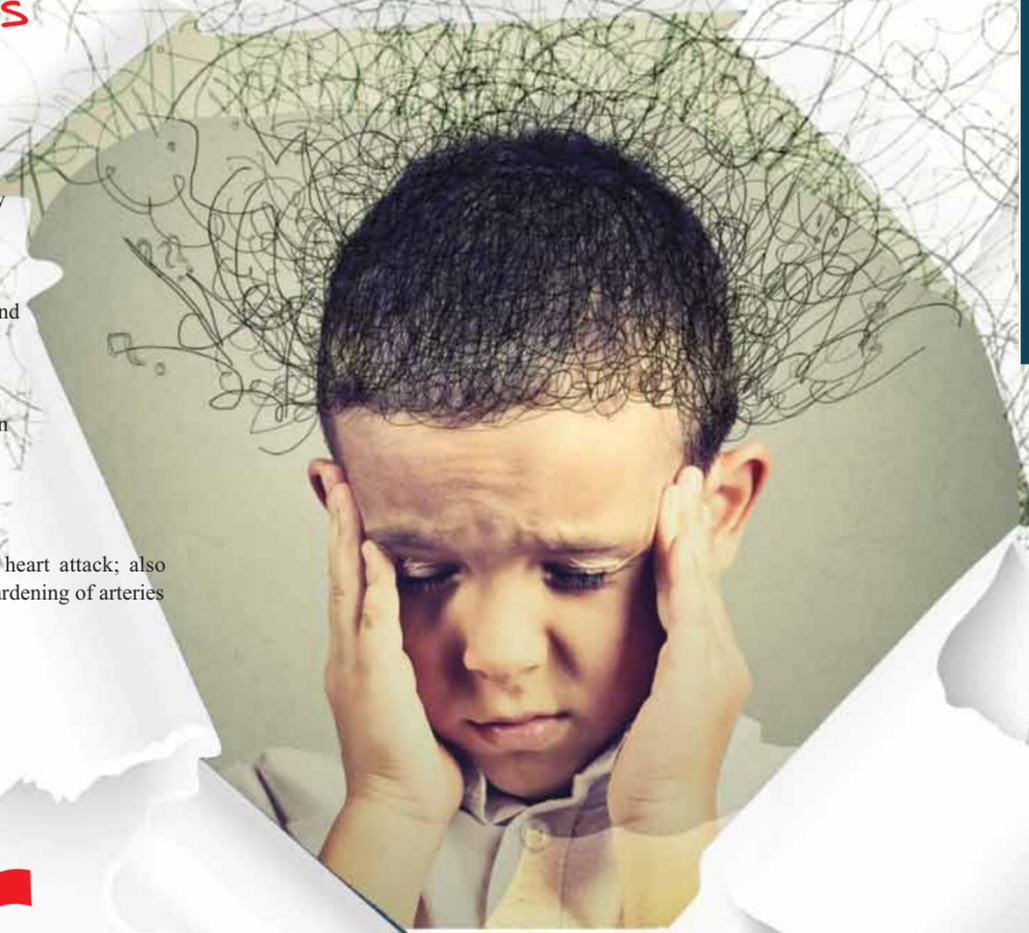
Lack of concentration, inability to focus and even memory problems

Skin

Loss of moisture and skin tone and even acne in some cases

Heart

Linked to coronary heart diseases and heart attack; also stress leads to high blood pressure and hardening of arteries



Lungs

Stress can make you breathe harder

Stomach pain

Decreased nutrient absorption during stress, can lead to stomach pain

Intestines

Affects bowel movement, and also leads to constipation

Muscles

Stress causes muscle tension and pain

Immune System

Prolonged stress leads to lowered immunity levels

Stress NO MORE

Commandments of a stress free life

Ms Rupali Yadav, Counselor, AIS VKC shares tips for a stress free life.

#1 There's a good side

Not all stress is bad. Stress can be positive too, which is also known as 'Eustress'. Positive stimuli like anticipation of victory, achievement of goals, getting rewarded, promotion, etc induces motivation to work harder, increases focus and coping ability of a person.



Rupali Yadav with YP team

#2 Stay away from peer pressure

'Peer pressure' is one of the primary causes of stress. In order to keep pace with the world, one tries to do things s/he might not be capable of, and when they fail, they get stressed. One must realise and be confident of one's unique abilities and try to develop a strong value system to cope up with the peer pressure.

#3 Look out for these!

Eating very less or overeating, sleeping excessively or insomnia (not able to sleep), overreacting, oversensitivity, frequent headache, unexplained body-aches, laziness, drowsiness, excessive anger, etc are some of the most common symptoms of stress. It is best to consult a doctor in case you notice any of these symptoms.

#4 Develop a hobby, think good

Keeping yourself engaged in any hobby be it dancing, painting, writing, etc. Hobbies keep your creativity alive and hence ward off stress. Your thoughts shape your personality so, be pragmatic, think well, and think positive in every condition.

