



## Evaluation of Stress Management and Live Peaceful Life in 21<sup>st</sup> Century

Dr Khandakar Akhter Hossain  
Dr Sharmin Hasan

### ABSTRACT

Today's technology has grown so pervasive in our lives that it's easy to become addicted to social media, smart phone, and gadget use to the point where it interferes with our relaxation and sleep. Almost everyone experiences stress to some extent. Despite its pervasiveness in our lives, the negative impacts of modern life in the high-tech century, stress and anxiety, are sometimes disregarded. Everyone, however, reacts differently to stressful events. If somebody suspects that technology is boosting his or her stress levels, he or she should consult a psychologist or a counseling doctor. Nomophobia (no mobile phone phobia) is a modern phobia that describes the fear of being without your phone. We must learn to manage with stress in order to become stress resilient. We must eat healthily, exercise regularly, get plenty of rest, and take breaks when we are anxious. Stress can cause emotional and nervous reactions, as well as difficulty sleeping and eating. The believers are only accountable for preserving their loyalty to Allah and becoming good servants of the Almighty in order to live a pleasant life. It is an analytical piece aimed at raising stress awareness among the general public and advising them on how to better handle stress in their daily lives.

**Key Words:** Stress, anxiety, high-tech, nomophobia, social media

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### I. Introduction

1. Stress affects both our mind and body. A moderate level of stress can be beneficial, enhancing performance and self-protection. However, excessive stress can overwhelm us, triggering the fight, flight, or freeze response. Therefore, it is crucial to learn how to manage stress for the sake of our mental and physical well-being. Stress can be defined as a factor, whether physical, chemical, or emotional, that induces tension in the body or mind and can contribute to the onset of diseases. It is essentially a state that arises from stressors, disrupting an existing equilibrium. According to the World Health Organization (WHO), stress can be described as a state of worry or mental tension caused by challenging circumstances. Stress is a natural response in humans, propelling us to tackle challenges and threats in our lives. Everyone experiences stress to some extent, but how we respond to it significantly affects our overall well-being.<sup>1</sup> UNICEF also states that stress is a common sensation we experience when we feel pressured, overwhelmed, or unable to cope. While small amounts of stress can motivate us to achieve goals like taking an exam or giving a speech, excessive and uncontrollable stress can have negative impacts on our mood, physical and mental well-being, and relationships.<sup>2</sup> Stress can manifest in various forms, imposing physical, emotional, or psychological strain on the human body. It is essentially the body's response to anything that demands attention or action. Our responses to stress truly make a substantial difference in our overall well-being. Thus, gaining a clear understanding of how stress affects our physical and mental health is crucial. It is also important to recognize how our mental and physical health can influence our stress levels.

2. Everyone encounters stress to varying degrees. At times, stress can be confused with anxiety, and experiencing significant stress can contribute to feelings of anxiety.<sup>3</sup> Anxiety refers to a sense of unease, such as worry or fear, which can range from mild to severe. It is common for individuals to experience anxiety at certain points in their lives. For example, we might feel apprehensive and anxious before taking an exam, undergoing a medical test, or attending a job interview.<sup>4</sup> Experiencing anxiety can make it more challenging to manage stress and may contribute to other health issues, including increased depression, susceptibility to illness, and digestive problems. Stress and anxiety can manifest as nervousness, disrupted sleep, elevated blood pressure, muscle

tension, and excessive worrying. Generally, stress arises from external events, while anxiety stems from our internal response to stress. While stress may diminish once the threat or situation resolves, anxiety can persist even after the original stressor has dissipated. This analytical article aims to provide an understanding of stress and explore strategies for relieving stress in today's technologically advanced world of the 21st century, with the goal of increasing awareness among the general public.

### **COMMON SIGNS OF STRESS**

3. Stress often contributes to feelings of irritability, fear, being overwhelmed by work, and frustration. It can leave you feeling physically drained, exhausted, and unable to cope. Identifying stress is not always straightforward, but there are indicators that can help you recognize when you may be under excessive pressure.

<sup>5</sup> On the other hand, anxiety is distinct from stress, as it is a normal aspect of life. However, individuals with anxiety disorders often experience intense, excessive, and persistent worry and fear regarding everyday situations.

<sup>6</sup> While stress can originate from obvious sources, even minor daily stressors from work, school, family, or friends can have a cumulative impact on your mental and physical well-being. To detect signs of stress<sup>7</sup>, there are several factors we can observe:

- a. Psychological signs, such as difficulty concentrating, excessive worrying, anxiety, and trouble with memory.
- b. Emotional signs, including anger, irritability, moodiness, or frustration.
- c. Physical signs, such as elevated blood pressure, fluctuations in weight, frequent colds or infections, and changes in menstrual cycles and libido.
- d. Behavioral signs, such as neglecting self-care, lacking time for enjoyable activities, or relying on substances like drugs and alcohol as coping mechanisms.

Life presents numerous factors that can contribute to stress. Some primary sources of stress include work, financial concerns, relationships, parenting responsibilities, and day-to-day challenges. When faced with stress, the body activates its response to perceived threats or dangers, known as the fight-or-flight response. This triggers the release of specific hormones like adrenaline and cortisol<sup>8</sup>. As a result, the heart rate increases, digestion slows down, blood flow prioritizes major muscle groups, and various autonomic nervous functions undergo changes, providing the body with a surge of energy and strength.<sup>9</sup> Stress can occur in the short term or persist over a longer duration. Both types can manifest in a range of symptoms, but chronic stress, in particular, can have significant adverse effects on the body over time, leading to long-lasting health consequences. Common indications of stress include:

- a. Mood swings
- b. Clammy or sweaty palms
- c. Decreased sex drive
- d. Diarrhea
- e. Difficulty sleeping
- f. Digestive issues
- g. Dizziness
- h. Feelings of anxiety
- i. Frequent illness
- j. Teeth grinding
- k. Headaches
- l. Low energy levels
- m. Muscle tension, especially in the neck and shoulders
- n. Physical discomfort and pain
- o. Rapid heartbeat
- p. Trembling

### **TYPES OF STRESS**

4. Stress serves as a signal or challenge that prompts our body to activate the fight or flight response, releasing chemicals and hormones to enable an effective response.<sup>10</sup> Initially, it can act as a beneficial defense mechanism, but it becomes problematic when it becomes a daily occurrence or persists chronically.<sup>11</sup> Stress can be classified into three types: acute, episodic, and chronic. It's important to note that all forms of stress can have detrimental effects and should be addressed.<sup>12</sup> In general, stress can be categorized into four types: physical stress, psychological stress, psychosocial stress, and psycho-spiritual stress.<sup>13</sup> Here are some examples of the various types of stress that one might experience:

a. **Acute stress:** Acute stress is a sort of short-term stress that can be either positive or stressful; this is the type of stress we are most likely to encounter in everyday life.<sup>14</sup> One of the least harmful types of stress is acute stress. Throughout the day, we are subjected to acute stress. Acute stress is defined as a sudden perceived threat, which might be physical, emotional, or psychological.<sup>15</sup> Acute stress can also be more serious, such as being pulled over for speeding, arguing with a buddy, or taking a test.

b. **Chronic stress:** Chronic stress is defined as stress that appears to be unending and unavoidable, such as the stress of a terrible marriage or an exceedingly demanding profession; chronic stress can also result from traumatic experiences and childhood trauma. Chronic stress caused by adversity, sadness, anxiety, or loneliness/social isolation can be harmful to one's health. Chronic stress has been proven in recent research to induce carcinogenesis and enhance cancer development.<sup>16</sup> Chronic stress can also alter the body's immunological function and inflammatory response, which is crucial because a long-term inflammatory response and a reduction in the body's immune surveillance capacities have been linked to carcinogenesis.<sup>17</sup>

c. **Episodic acute stress:** Episodic acute stress is defined as acute stress that appears to be rampant and a way of life, resulting in a life of continual anguish. When someone suffers acute stress on a regular or frequent basis, this is referred to as episodic acute stress.<sup>18</sup> Acute stress is generally associated with the impacts of a more demanding condition, such as having a feverish kid or learning that we've lost our work.

d. **Eustress:** Eustress is enjoyable and thrilling. It is a form of good stress that can keep you energized. Actually, it refers to the type of intriguing stress that produces a good response. It is the inverse of distress and can relate to any sort of positive stress, physical or psychological.<sup>19</sup> It's related with adrenaline rushes, like as when we're skiing or racing against the clock.

## CAUSES OF STRESS

5. Stress is the body's response to a challenge or demand. It is a natural sensation and can even have some beneficial effects at times. However, when stress persists over a prolonged period, it can increase the risk of serious health conditions such as high blood pressure, depression, and anxiety.<sup>20</sup> Various aspects of personal life, including health, school, work, relationships, and responsibilities, can act as triggers for stress. We may experience stress in different situations, such as when we:<sup>21, 22</sup>

- a. Feel immense pressure
  - b. Encounter significant life changes
  - c. Worry about something
  - d. Lack control over the outcome of a situation
  - e. Face overwhelming responsibilities
  - f. Experience a lack of variety or stimulation in life
  - g. Encounter discrimination, hate, or abuse
  - h. Go through a period of uncertainty
  - i. Deal with the loss of a loved one
  - j. Face divorce or relationship breakdown
  - k. Lose a job
  - l. Face increased financial obligations
  - m. Get married
  - n. Move to a new home
  - o. Deal with chronic illness or injury
  - p. Struggle with emotional problems like depression, anxiety, anger, grief, guilt, or low self-esteem
  - q. Take care of an elderly or sick family member
  - r. Experience a traumatic event such as a natural disaster, theft, rape, or violence
  - s. Feel unhappy in your job
  - t. Have a heavy workload or excessive responsibilities
  - u. Work long hours
  - v. Deal with poor management, unclear work expectations, or flawed decision-making processes
  - w. Work in hazardous conditions
  - x. Feel insecure about career advancement or fear of termination
  - y. Face public speaking engagements in front of colleagues
  - z. Encounter discrimination or harassment at work, particularly in an unsupportive company environment.
6. A stress response can be advantageous in certain circumstances and can enhance our performance. However, it can also have negative effects on our mental well-being.<sup>23</sup> Sometimes, a situation that puts pressure

on us can trigger a stress response, even if there is no actual danger involved. Numerous factors can lead to stress in various aspects of our lives. These may include the following: <sup>24, 25, 26</sup>

- a. Illness or injury
- b. Pregnancy and the transition to parenthood
- c. Challenges with fertility and difficulties in conceiving
- d. Dealing with the loss of a loved one
- e. Experiencing abuse
- f. Involvement in criminal incidents and the legal system, such as arrest, court appearances, or being a witness
- g. Organizing complex events, like vacations
- h. Daily tasks, such as household chores or commuting
- i. Getting married or entering a civil partnership
- j. Going through a breakup or divorce
- k. Strained relationships with parents, siblings, friends, or children
- l. Acting as a caregiver
- m. Losing a job
- n. Long-term unemployment
- o. Retirement
- p. Exams and approaching deadlines
- q. Challenging situations or difficult colleagues at work
- r. Starting a new job
- s. Feeling insecure or experiencing homelessness
- t. Relocating to a new residence
- u. Problems with neighbors
- v. Worries about financial matters
- w. Living in poverty
- x. Managing debt
- y. Limited access to essential services like healthcare, green spaces, or transportation
- z. Navigating through a stressful community-wide, national, or global event, such as the coronavirus pandemic
- aa. Facing stigma or discrimination, including racism, homophobia, biphobia, or transphobia
- bb. Experiencing excitement about getting married or having a baby.

### **COMMON REACTIONS OF STRESS**

7. Many individuals, both adults and children, are currently facing challenging situations that can induce stress, feelings of being overwhelmed, and strong emotions. Implementation of public health measures, such as physical distancing, may lead to a sense of isolation and loneliness, contributing to increased stress and anxiety. Following a traumatic event, individuals may experience intense and persistent reactions. <sup>27</sup> However, acquiring healthy coping strategies and receiving appropriate care and support can assist in alleviating stress-related feelings and symptoms. It is a natural response to feel stress, anxiety, grief, and worry during traumatic occurrences like mass shootings, natural disasters, or pandemics. <sup>28</sup> These reactions can manifest in both physical and emotional ways. Common responses to a stressful event may include:

- a. Disbelief
- b. Feelings of fear, shock, anger, sadness, worry, numbness, or frustration
- c. Changes in appetite, energy levels, desires, and interests
- d. Difficulties with sleep, such as insomnia or nightmares, as well as challenges in concentration and decision-making
- e. Physical reactions, including headaches, bodily pain, gastrointestinal issues, and skin rashes
- f. Exacerbation of pre-existing chronic health conditions
- g. Aggravation of mental health disorders
- h. Increased reliance on tobacco, alcohol, or other substances
8. Stress can manifest in various physical and emotional symptoms. At times, we may not immediately recognize that these symptoms are a result of stress. <sup>29</sup> Here are some indications that stress may be affecting <sup>30</sup> us:
  - a. Diarrhea or constipation
  - b. Forgetfulness
  - c. Frequent aches and pains
  - d. Headaches
  - e. Lack of energy or difficulty focusing

- f. Sexual problems
- g. Tension in the jaw or neck area
- h. Fatigue
- i. Trouble sleeping or excessive sleeping
- j. Upset stomach
- k. Use of alcohol or drugs as a means of relaxation
- l. Weight loss or weight gain

### **TIPS FOR STRESS MANAGEMENT**

9. In modern society, stress and change are often regarded as synonymous. Stress is the body and mind's physiological and psychological response to overwhelming situations. Many individuals contemplate how to effectively handle and manage stress. There are numerous methods employed by people to alleviate stress and minimize its impact on day-to-day activities.<sup>31</sup> Stress management is crucial not only for individuals in good health but also for cancer patients. Further investigation is needed to determine if drugs targeting the signaling pathways downstream of the HPA axis or the SNS can suppress stress-induced cancers or prolong patient survival. Stress can arise from various sources,<sup>32</sup> whether it be at work, home, or even in online environments. The responsibilities of caring for children and family members can create significant stress, while persistent pressures may also exist in professional or personal domains. Everyone experiences periods of stress, and if we can effectively relax and recover afterwards, there is generally no cause for concern. However, if we endure prolonged periods of stress without adequate rest, our bodies will eventually protest. Trying to handle more than our capabilities allow can ultimately diminish our effectiveness.<sup>33</sup> Given the fast-paced nature of work and home life, along with constant exposure to technology, while still desiring connections with those around us, it is not uncommon for our lives to feel overwhelming and stress-filled at times.<sup>34</sup> Let's now explore a few tips for managing stress in an engaging manner.

a. **Tips for General people.** It's critical to remember that stress is not the same as mental health illnesses like anxiety and depression, which require medical attention. Make an effort to devote your time and attention to the people and tasks that are most important to you. Make a conscious decision to refrain from doing things that are unimportant. It might assist you in delegating specific chores to others. Consume more vegetables and fruits. We should take the time to consider what is truly important in life.<sup>35</sup> What does your future hold for you, not just today and tomorrow?

1) **Engage in guided meditation.** Guided meditation is an effective method to divert your attention from the daily stressors. Numerous guided meditation resources are available online, offering relaxation techniques for just five minutes to help you find a state of centered tranquility.

2) **Practice deep breathing.** Deep breathing is a powerful technique to alleviate the activation of your sympathetic nervous system, responsible for the body's response to perceived threats. By taking slow breaths in for a count of five seconds, holding for two seconds, and exhaling for a count of five seconds, you can activate your parasympathetic nervous system. This activation helps reduce overall stress and anxiety levels.

3) **Prioritize physical exercise and maintain a nutritious diet.** Physical exercise and proper nutrition play crucial roles in how your body responds to stress. A healthy body promotes a healthy mind, and vice versa. Engaging in regular physical exercise is known to be an effective stress reliever and enhances your overall quality of life. Additionally, maintaining a well-balanced diet is important as stress can deplete essential vitamins like A, B complex, C, and E. Nourishing your body not only improves physical well-being but also supports mental well-being, enabling you to better cope with stress.

4) **Manage your social media usage.** Spending excessive time on social media platforms can contribute to stress, not only due to the content encountered but also because that time could be better spent enjoying meaningful interactions with friends, savoring outdoor activities, or immersing yourself in a captivating book.

5) **Foster connections with others.** As social beings, humans thrive on meaningful connections and support. Establishing a sense of community, whether through work, religious organizations, or shared activities such as team sports, is vital for your overall well-being.<sup>36</sup> Engaging in shared activities allows you to find support and cultivate relationships that can provide valuable assistance during challenging times.

b. **Tips for Parents and Adult.** When children experience scary or stressful events, it is natural for them to feel worried. Engaging in conversations with your children about these events can provide a more balanced understanding and alleviate their fears. Monitor the exposure of children to stressful events and limit their exposure to distressing information. Recent research indicates that individuals such as parents, healthcare and social work professionals, People of Color, and LGBTQIA+ individuals are more susceptible to higher levels<sup>37</sup> of stress. Here are some recommendations to help children cope:

1) **Establish and maintain a regular routine.** Ensuring that children wake up, go to sleep, and have meals at consistent times can offer them a sense of stability.

- 2) **Foster open communication by talking, listening, and encouraging expression.** Take the time to listen to your child's thoughts and feelings, and share your own as well. After a traumatic event, it is crucial for children to feel comfortable sharing their emotions and to know that you understand their fears and worries.
- 3) **Stay attentive and observant.** Be vigilant for any behavioral changes, as they might indicate that your child is struggling and in need of support.
- 4) **Stressful events can challenge a child's sense of safety and security.** Reassure your child regarding their safety and well-being, and discuss the measures being taken by you, the school, and the community to ensure their protection.
- 5) **Connect with others.** Engage in discussions with other parents and your child's teachers to explore ways of supporting your child. Collaborating with parents, schools, and health professionals can be beneficial for the well-being of all children during stressful times.

c. **Tips for Kids and Teens.** It is common to experience anxiety regarding your safety and security after a traumatic event. Even if you were not directly involved, concerns about the potential impact of such events in the future may arise. Explore the tips below for suggestions on managing these fears. As a parent, it is crucial to exemplify healthy behaviors for your children. When the entire family practices a healthy lifestyle and employs effective stress management techniques, children are more likely to adopt similar habits and less likely to associate stress with unhealthy coping mechanisms.<sup>38</sup>

Here are some recommendations to consider:

- 1) **Engage in conversations and maintain connections with others.** Speaking with someone you trust can help you process your experience and gain a better understanding of it. If you are uncertain about who to reach out to, consider contacting your local crisis intervention center or a national hotline.
- 2) **Prioritize self-care.** Make an effort to ensure you are getting sufficient sleep, eating nutritious meals, engaging in regular exercise, and maintaining a consistent routine.
- 3) **Take breaks from consuming information.** Exposure to images and stories about a disaster can intensify worry and stress. Taking breaks from news updates, the internet, and discussions revolving around the event can contribute to a sense of calmness and relaxation.

d. **Tips for School Personnel.** School personnel can assist their students in reestablishing a feeling of safety by engaging in conversations about their fears. Here are additional suggestions for school personnel:

- 1) **Initiate conversations and communicate.** Create opportunities for students to express themselves, but avoid pressuring them. You can serve as a role model by sharing some of your own thoughts and addressing any misinformation.
- 2) **Observe and listen attentively.** Stay vigilant for any changes in behavior. Are students becoming more withdrawn or exhibiting disruptive behaviors? These alterations might indicate that a student is facing difficulties and requires additional support from both the school and their family.
- 3) **Maintain regular routines.** Following a consistent classroom and school schedule can foster a sense of stability and security. Encourage students to stay engaged in their schoolwork and extracurricular activities, but avoid pushing them if they appear overwhelmed.
- 4) **Prioritize self-care.** By prioritizing your own well-being, you enhance your ability to support your students effectively. Maintain a balanced diet, engage in physical exercise, ensure you get enough sleep, and allow yourself some respite if you feel stressed out.

## **TIPS TO LIVE PEACEFUL LIFE**

10. If someone is consistently experiencing stress, the cost goes beyond mere sleep deprivation and headaches. Stress triggers a range of adverse reactions in the body, including heightened depression, insomnia, heartburn, high blood pressure, stomach discomfort, and muscle tension. Moreover, it can lead to more severe consequences such as fertility issues, elevated blood sugar levels, an increased risk of heart attack, and a weakened immune system.<sup>39</sup> Our mental well-being, plagued by toxic thoughts, depression, and anxiety, often worsens due to the chaotic world we live in and our struggles to manage our racing thoughts.<sup>40</sup> Over time, persistent and unrelenting stress can have life-threatening consequences. However, there are practical methods to reduce stress on a daily basis and cultivate a more peaceful life.

a. **Maintain a daily routine.** Establishing a daily routine enables us to optimize our time and avoid feelings of boredom. Allocate specific time slots for regular meals, work-from-home tasks, quality time with family members, exercise, daily chores, and leisure activities. It is important to create a schedule for our day. Having a realistic daily schedule can significantly alleviate stress, as it helps address the common anxiety of not having enough time to fulfill our responsibilities. Moreover, scheduling our time allows us to gain clarity on what tasks can realistically be accomplished or given priority, empowering us to confidently decline unrealistic demands.

b. **Sleep Adequately.** Getting at least 8 hours of sleep per night is beneficial to both our bodies and minds. Sleep restores, calms, and rejuvenates our bodies while also counteracting the effects of stress. Good sleep habits (sleep hygiene) can help you sleep better:

- 1) Maintain consistency. Put yourself to bed at the same time every night and get up at the same time every morning, including on weekends.
- 2) Make your bedroom quiet, dark, relaxing, and at a suitable temperature.
- 3) Remove electronic gadgets from the bedroom, such as TVs, computers, and smart phones.
- 4) Avoid large meals, caffeine, and alcohol before night. Physical activity during the day can assist you in falling asleep more readily at night.

c. **Connect with others.** The COVID-19 pandemic has caused widespread disruption to various aspects of life, including work, employment, family dynamics, income, and education. Different individuals react differently to such circumstances. While some may experience minimal impact on their mental well-being, others may face varying levels of distress. This applies to people of all age groups, including adolescents. Certain individuals may develop or experience a worsening of mental health conditions as a result of these circumstances, necessitating prompt intervention. Two such conditions are anxiety and depression, which require psychological or medical support. Therefore, it is crucial to recognize and identify the common symptoms of these conditions at an early stage. It is important to note that some of these symptoms may resemble those of stress, but they are typically more persistent, cause greater distress, and significantly affect an individual's daily functioning, including their work and education. It is recommended to stay connected with family and friends using various means, such as video calls and phone calls, while adhering to physical distancing guidelines. Maintaining contact with loved ones is vital for our mental well-being.

d. **Eat Healthy.** Our overall health can be greatly impacted by the food and drinks we consume. A balanced diet is essential for both preventing and recovering from illnesses.<sup>41</sup> It is crucial to establish a consistent eating routine and make sure that our meals include a diverse range of nutritious foods. Proper hydration is also vital, so it's important to drink an ample amount of fluids. Incorporating plenty of fresh fruits and vegetables into our diet is highly advantageous as well.

e. **Exercise Regularly.** At home, we have the opportunity to engage in a wide range of physical exercises, including utilizing treadmills, practicing skipping, climbing stairs, performing push-ups, and holding planks, among other options.

f. **Minimize news feeds.** Spending excessive time on television, social media, and similar platforms can fatigue your brain and result in confusion. It is crucial to establish boundaries regarding the duration of your engagement with these mediums. Instead, prioritize seeking guidance and recommendations from trustworthy sources, such as local and national TV channels, radio broadcasts, and the official WHO website.

g. **Take breaks from watching, reading, or listening to news stories,** including social media posts. It's important to be educated, yet hearing about the traumatic incident on a regular basis might be unsettling. Consider restricting your news consumption to a couple of times each day and withdrawing from your phone, television, and computer screens for a bit.

h. **Talk to others.** Talk with people you trust about your concerns and how you are feeling. Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or pastor.

i. **Avoid drugs and alcohol.** Although these actions may initially appear beneficial, they can ultimately create additional problems and further intensify the stress you are currently experiencing.

j. **Recognize when you need more help.** If problems persist or if you are experiencing thoughts of suicide, it is imperative to reach out for assistance from a psychologist, social worker, or professional counselor.

k. **Breathe.** Practicing uncomplicated breathing exercises on an hourly basis has been scientifically demonstrated to effectively reduce stress. Conveniently, numerous smart devices, such as the Apple Watch and most smartphones, offer breathing apps that can aid in this process. Deep breathing, in particular, activates the parasympathetic nervous system, which initiates the body's relaxation response. By consciously inhaling and exhaling slowly and deeply, you can amplify feelings of relaxation and cultivate a heightened state of tranquility.

m. **Laugh.** Take some time to enjoy a good laugh by watching a funny YouTube video or sharing a joke with friends. Laughter has been scientifically proven to have various benefits, such as reducing blood pressure and hormone levels. It also triggers the release of endorphins, which are natural painkillers in the body. Furthermore, laughter boosts the production of T-cells in the immune system,<sup>42</sup> strengthening its functionality. So, take a moment to seek out laughter and allow its positive effects to enhance your overall well-being.

n. **Find quiet.** Sit outside, away from the workplace noise, or in a quiet room. Put on some headphones that block out sounds. The brain is rested and tension is reduced by removing oneself from the background noise of traffic, TV, radio, podcasts, work, and conversation. Florence Nightingale, a well-known British nurse, once stated that "unnecessary noise is the cruelest absence of care that can be inflicted on the sick."<sup>43</sup> Additionally, silence triggers the brain's "self-generated cognition" mode, which is where stress-relieving mental processes like daydreaming, memory retrieval, and idea development happen.

o. **Music.** Relaxing music can slow down the physiological functions of the body. Music has been shown in studies to relieve tension in people who suffer from anxiety. Music has also been connected to depression relief, burnout reduction, and mood enhancement.<sup>44</sup> Music was reported to lessen emotional discomfort in cancer patients during treatment in one study.

p. **Walk.** Taking a 10-minute walk, even within the office premises, can boost cardiovascular activity and blood circulation, leading to stress reduction. If weather allows, walking outdoors offers an even greater benefit as it allows you to engage your senses with nature and the change of scenery, providing a temporary respite from stressful thoughts. Another option is to take a walk with your dog at home, as pets can provide additional stress relief.

q. **Pray.** Prayer provides emotional comfort and spiritual upliftment, offering solace and hope to those who engage in it. The Bible assures believers of the benefits that come from prayer and serves as a reminder that God listens and responds to their prayers. In Psalm 94:19, it is written, "When anxiety was great within me, your consolation brought me joy." This verse highlights the power of seeking God's comfort during times of anxiety and finding joy in His consoling presence. Additionally, connecting with community or faith-based organizations can strengthen one's faith and provide a supportive network for prayer and spiritual growth.

r. **Dark chocolate.** It has antioxidant properties and relieves stress by reducing specific hormones in your body. One or two ounces of cacao with at least 65% cocoa content can also help decrease your blood pressure and cholesterol.

s. **Rest.** To sustain mental health, most adults require at least 7 <sup>1</sup>/<sub>2</sub> to 8 hours of sleep every day. Sleep deprivation is an immediate source of stress and can increase other daily pressures. Consider taking a 30-40 minute nap if you aren't getting enough sleep at night. If you're pressed for time, eat a light lunch in 20 minutes and then rest for the rest of your lunch hour.

t. **Get a massage.** Massage is a calming treatment that helps lower blood pressure, enhance circulation, relax tense and stiff muscles, and increase flexibility. Massage has also been demonstrated to reduce anxiety, depression, aggression, as well as the risk of heart attack and stroke.<sup>45</sup>

u. **Reduce caffeine.** Caffeine has been shown to boost alertness, but it has also been shown to promote anxiety, uneasiness, jittery behavior, diminish restful sleep, increase digestive difficulties, and raise blood pressure. A recent research of males who used roughly 300mg of caffeine per day (the amount in one cup of Starbucks coffee) discovered that they had more than double the stress level of guys who did not.<sup>46</sup> Simply simply, caffeine and stress are inextricably linked.

v. **Read a book.** A 2009 study discovered that reading can reduce stress by up to 68%.<sup>47</sup> The mind enjoys conjuring up ideas of places, circumstances, and people as a natural byproduct of venturing into a literary world. Fiction, nonfiction, and even a magazine of interest are all excellent mental retreats.

w. **We need to make time to unwind.** Try to engage in some other hobbies that you enjoy. Drawing and coloring are excellent mental diversion activities. They gain from a mental state known as "flow," which refers to being so immersed in something that it is nearly meditative. Drawing, gardening, and hiking are all activities that benefit from this calming and mind-consuming mindset. Adult coloring books have grown in popularity, with intricate patterns that need thinking and planning to complete.

x. **Intimacy.** Sex with your wife relieves a lot of tension. Social connection, touch, endorphins and hormones associated with physical activity—all of these are effective stress reducers. Cuddling and kissing your partner can also cause the release of oxytocin, which reduces heart rate and blood pressure.

y. **Aromatherapy.** Specific scents have a remarkable ability to induce a soothing effect. These scents can be found in various forms, including oils, air fresheners, and candles. Lavender, rose, vetiver, frankincense, sandalwood, orange blossom, and geranium are examples of scents that have been shown to decrease anxiety and promote better sleep. Incorporating these scents into your environment through aromatherapy can create a calming atmosphere, helping to alleviate stress and improve the quality of sleep.

z. **Citrus.** The vitamin C present in oranges, strawberries, and grapefruit has stress-relieving properties. Other vitamin C-rich foods like red and green peppers, kiwifruit, baked potatoes, tomatoes, and broccoli can also help alleviate stress.

aa. **Daydream.** By closing your eyes and mentally detaching from a stressful situation, daydreaming allows you to relax and unwind. It can involve reliving pleasant experiences or creating new ideas and fantasies, giving your mind a break from analytical thinking and allowing free thoughts to wander.

bb. **Dietary supplements.** Certain supplements like green tea, kava kava, valerian root, and lemon balm are known for their anti-anxiety properties. These substances target the gamma-aminobutyric acid (GABA) receptors and increase serotonin levels, which can help reduce stress and anxiety. B-complex vitamins may also provide benefits. It's important to consult your doctor before making any changes to your diet or taking supplements.

cc. **Family time.** Spending time with friends and family can be a source of support during stressful periods, fostering a sense of belonging and self-worth. Research has shown that women who engage in social activities



with friends and children release oxytocin, a natural stress reliever.<sup>48</sup> Conversely, individuals with limited family and social connections are more prone to depression and anxiety.

dd. **Unplug.** Excessive screen time and constant connectivity can contribute to stress. Research suggests that individuals spend up to 16 hours a day in front of screens. To reduce stress, it's beneficial to unplug for a designated period each day. Use features like the "screen time" setting on your phone to limit interruptions during personal hours. Taking it a step further, you can schedule a media detox, such as a cell phone-free weekend or abstaining from social media for a day or avoiding television for an evening.

## **STRESS AWARENESS**

11. Stress arises as a biological reaction to a perceived threat, with chemicals and hormones surging through the body. While it can assist in addressing specific problems, excessive stress can be detrimental to one's health. Stress activates the fight-or-flight response, preparing the body to confront or escape the stressor. Typically, the body should relax after the response subsides.<sup>49</sup> However, prolonged stress raises the risk of chronic conditions such as heart disease and mental health disorders. Effective stress management is essential for overall well-being.<sup>50</sup> Experiencing persistent and excessive stress can have adverse effects,<sup>51</sup> causing emotional or physical tension in response to events or thoughts that elicit frustration, anger, or nervousness.

a. The need to raise knowledge of stress's negative consequences, good coping mechanisms, and common misconceptions is crucial for daily life. Many people are aware that stress may harm our mental health, causing problems like melancholy, sleeplessness, binge eating, substance abuse, or social withdrawal, but did you also realize that persistent stress can harm our physical health?<sup>52</sup> Stress can cause problems like elevated blood pressure, weakened immune function, or a greater chance for developing diabetes, to mention a few. Fortunately, there are lots of healthy strategies to reduce or deal with stress.

b. Prioritize self-care by making time for it. Remember that your emotional well-being is as important as your physical health. Despite the belief that adding self-care to your to-do list might increase stress, it's essential to recharge. Whether it's following a few tips from this list or engaging in other activities like painting your nails or reading a mystery novel, everyone needs time for self-care. By properly taking care of ourselves, we become better equipped to handle everything else.

c. Maintain structure and stability in your life. Establishing a routine can be beneficial for everyone, even if you don't typically thrive under structure. During times of stress, a daily routine can provide a sense of control, improve focus, organization, productivity, and help accomplish tasks more efficiently. Additionally, it assists your body in anticipating what to expect, regulating sleep patterns, digestive system function, and more.

d. Overcome the fear of saying "no." Setting boundaries can be challenging, but it starts with a shift in perspective. Remind yourself of your value and recognize that if you lack the time, energy, or emotional capacity to fulfill someone else's request, it's acceptable to say no. In some cases, others may even respect you more for it. Saying no is a positive step toward establishing boundaries and preventing others from taking advantage of your kindness.

e. Prioritize sufficient sleep. Both the body and mind require a minimum of seven hours of sleep each night to restore and repair. Establish a consistent sleep routine to balance your circadian rhythm. Numerous studies indicate that adults who sleep fewer than eight hours each night report higher stress levels compared to those who sleep more than eight hours.

f. Practice meditation. Dedicate a few moments to focus on your body, breath, and the present moment. This practice aids in clearing the mind of stress and worry,<sup>53</sup> grounding us in the present and reducing anxiety. By envisioning the mind as a jar filled with water and sand, stillness and calm allow the sand to settle at the bottom, leaving the water clear on top.

g. Center your attention on your breath. Deep breathing serves as a valuable technique for practicing mindfulness, cultivating a greater awareness of our internal and external experiences in the present moment. Simply concentrate on your breath, inhaling and exhaling. Focusing on our breath anchors us in the present, reducing anxiety and worry about the past or future, reminding us that the present is all we can control and possess. Deep breathing<sup>54</sup> also aids in regulating our body and emotions, slowing down the mind and heart rate.

h. Engage in regular exercise. Even simple forms of exercise, such as walking, can help alleviate stress. Any physical activity allows us to divert our attention from our thoughts and focus on our bodies, movement, and breathing, while also increasing endorphin levels.

i. Spend time outdoors. Studies have shown that as little as ten minutes spent in a natural setting can reduce stress and promote happiness.<sup>55</sup> Whether it's taking a walk in your neighborhood, basking in the sun, or doing some yard work, these brief moments can improve focus and reduce physiological stress markers like blood pressure and heart rate.

- j. Take a break from technology. Technology often overwhelms us with an abundance of information or makes us feel undervalued due to the constant pursuit of perfection portrayed on social media. Give yourself a break by dedicating a few hours each week to disconnect from your devices. Utilize that time to engage in other activities from this list.
- k. Seek support through communication. Whether it's in-person or online, therapy offers a safe, supportive, and confidential space to openly and honestly discuss your feelings.<sup>56</sup> Verbalizing your emotions can diminish their power and lighten the burden you carry.
12. It is crucial to have effective stress relievers that can help calm our mind and body, regardless of our location or situation. While some stress management techniques may be more applicable at home, there are several fast-acting tools that can be practiced anywhere, anytime. Here are some effective stress management techniques<sup>57</sup>:
- a. Guided imagery. Using visualization techniques to create calming mental images and scenarios.
  - b. Meditation. Engaging in focused attention or mindfulness practices to promote relaxation and mental clarity.
  - c. Progressive muscle relaxation. Systematically tensing and relaxing different muscle groups to release physical tension.
  - d. Deep breathing. Taking slow, deep breaths to activate the body's relaxation response and reduce stress.
  - e. Going for a walk. Engaging in a physical activity like walking to clear the mind and reduce stress levels.
  - f. Hugs. Seeking comforting physical contact with loved ones to promote relaxation and emotional well-being.
  - g. Aromatherapy. Using scents, such as essential oils, to stimulate relaxation and alleviate stress.
  - h. Creativity. Engaging in artistic or creative activities as a means of self-expression and stress relief.
  - i. Maintaining a healthy diet. Nourishing the body with balanced meals and avoiding excessive consumption of stress-inducing substances like caffeine or sugar.
  - j. Stress relief supplements. Considering natural supplements or herbs known for their stress-reducing properties, under the guidance of a healthcare professional.
  - k. Participating in leisure activities. Pursuing hobbies and recreational activities that bring joy and help unwind.
  - l. Practicing positive self-talk. Using affirmations and positive statements to challenge negative thoughts and reduce stress.
  - m. Yoga. Incorporating gentle stretching, breathing exercises, and meditation techniques to promote relaxation and mind-body connection.
  - n. Gratitude. Cultivating a mindset of gratitude by acknowledging and appreciating the positive aspects of life.
  - o. Regular exercise. Engaging in physical activities that increase endorphin levels and promote overall well-being.
  - p. Evaluating priorities. Assessing and organizing tasks and responsibilities to alleviate overwhelm and create a sense of control.
  - q. Seeking social support. Connecting with friends, family, or support groups to share concerns, seek advice, or simply receive emotional support.
  - r. Eliminating stressors. Identifying and removing or minimizing sources of stress from your environment or daily routine.
  - s. Religious practice. Engaging in spiritual or religious activities that provide comfort, solace, and a sense of purpose.
  - t. Humanitarian work. Volunteering or engaging in acts of kindness and service to others, which can foster a sense of fulfillment and perspective.
  - u. Games and sports. Participating in recreational activities that promote physical exertion, social interaction, and enjoyment.
  - v. Contemplating the mystery of the creation of the universe. Reflecting on profound questions and philosophical concepts that expand perspective and foster a sense of wonder and awe.

### **RELIGIOUS BELIEVE AND STRESS MANAGEMENT**

13. The negative impacts of modern life in a high-tech era, such as stress and anxiety, are often underestimated despite their pervasive presence in our daily lives. Mobile phones and other high-tech gadgets have become essential tools used for various purposes, including checking emails, shopping, and social media. However, it has been observed that people have become overly dependent on their phones, exhibiting symptoms similar to addiction when separated from them. The feelings of stress and anxiety caused by phone separation are comparable to withdrawal symptoms experienced by addicts.<sup>58</sup> Furthermore, research suggests that excessive use of smartphones, high-tech gadgets, and multimedia technologies can have physical effects on our brains, altering

their structure and function. As technology becomes more immersive and demanding of our attention, it poses a risk of disrupting our overall well-being and balance. Technology has become the first thing we interact with in the morning and the last thing we engage with at night, which has been linked to a decline in mental health due to our always-on and plugged-in lifestyles. It is crucial for high-tech engineers to consider developing technologies that improve our mental health and counteract these negative effects.<sup>59</sup>

14. With technology advancing rapidly, the impact on children is becoming increasingly challenging. Whether we like it or not, children will interact with technology and its outputs. It has become an integrated, necessary, inevitable, and valuable aspect of our reality.<sup>60</sup> While technology offers many positive features, it can also have harmful effects. The modern world is saturated with technology, with almost every family owning multiple computers, laptops, smartphones, tablets, and televisions. While initially created to serve humanity faithfully, digital devices have revealed their harmful impact on our lives.<sup>61</sup> Excessive use of technology can lead to poor social skills, as business meetings shift to online platforms and children communicate through messaging rather than face-to-face interactions. While technology appears to create a global network, it often replaces real-life communication, resulting in social isolation.<sup>62</sup> Moreover, strong social bonds are replaced with superficial online connections, leading to feelings of loneliness and depression. We have developed a habit of living in our own digital world, even when surrounded by people. This shift from real-life interaction to online communication can impair our ability to interpret social cues, such as tone of voice, facial expressions, body language, and direct communication. The problem of smartphone addiction<sup>63</sup>, or nomophobia (the fear of being without mobile phone connectivity<sup>64</sup>), has become a common issue.

15. In light of these challenges, scientists and mental health professionals have studied meditation and found that regular practice can reduce stress, promote inner peace, and improve relationships.<sup>65</sup> Our desire for certainty and truth often creates divisions between ourselves and others, as our beliefs become defining factors. On the other hand, our desire for love and connection draws us towards others, encouraging us to question our beliefs and consider different perspectives. We are faced with a choice between clinging to our beliefs and distancing ourselves from others or embracing love and connection by challenging our beliefs<sup>66</sup>. As human beings created by Almighty Allah with moral values and the ability to judge and discern between good and bad, we need to surrender to our Creator for inner peace of the soul. In the Holy Quran, Allah says, "Say, 'Nothing will happen to us except what Allah has decreed for us; He is our protector.' And upon Allah let the believers rely." (Quran, 9:51) and "With Him (Allah) are the keys of the unseen; the treasures that none knows but He. He knows whatever there is on the earth and in the sea. Not a leaf falls but that He knows it. And no grain is there within the darknesses of the earth and no moist or dry [thing] but that it is [written] in a clear record." (Quran, 6:59). Allah is the one who causes seeds and date stones to split and sprout, bringing life from the dead. These verses remind us of Allah's knowledge and power, urging us not to be deluded away from the truth (Quran, 6:95).



Fig 7: Human stress due to technology is a dangerous concern<sup>67</sup> and <sup>68</sup>



Figure 2: Negative effect of technology on kids and future generation <sup>69</sup> and <sup>70</sup>

Allah, our creator, reminds us of His power and control over the growth of seeds and the provision of water. In the Quran, He asks if we are the ones who make the seeds grow or if He is the cause behind it. ?” (Quran, 56:63-64). Similarly, He questions whether we bring rain down from the clouds or if it is His doing. (Quran, 20 56:68-69). Death is portrayed as the ultimate truth that awaits all of us. Allah declares that the death we try to evade will inevitably meet us, and then we will be returned to Him, the All-Knower of the seen and unseen. He will account for our actions and deeds. (Quran, 62:8).

So, what is our purpose? Allah states that time is of utmost importance and that humanity is in a state of loss, except for those who possess faith, perform righteous deeds, encourage one another to follow the truth, and promote patience. (Quran,103:1-3). Allah assures us that if we call upon Him, He will answer our prayers. However, those who arrogantly refuse to serve Him will face humiliation in Hell. (Quran, 40:60). Calling upon Allah is not only an act of prayer but also a profound blessing. This simple act of making a request serves as the key to achieving both physical and spiritual objectives. It is the sole pathway to inner peace and genuine happiness for humankind.

17. The believers have the responsibility of maintaining their devotion to Allah and faithfully serving Him. When they fulfill this duty, they need not fear any harm from those who deviate from the right path. Allah reassures the believers, saying, "O you who believe! Guard your own souls: If you follow (right) guidance, no hurt can come to you from those who stray; to Allah is your return, it is He that will show you the truth of all that you do." (Quran, 5:105) Unbelievers are powerless to harm the righteous. Any plans or schemes devised against the believers are rendered useless. Allah explains this mystery by stating, "Mighty indeed were the plots which they made, but their plots were (well) within the sight of Allah, even though they were such as to shake the hills!" (Quran, 14:46) Allah further affirms, "Those who reject Allah, hinder (men) from the Path of Allah, and resist the Messenger, after Guidance has been clearly shown to them, will not harm Allah in the least but He will make their deeds of no effect." (Quran, 47:32) Conversely, Allah declares, "...never give up hope of Allah's Soothing Mercy: truly, no one despairs of Allah's Soothing Mercy, except those who have no faith." (Quran, 12:87) This emphasizes the importance of maintaining hope in Allah's comforting mercy, as only those who lack faith would despair of it.

18. Since Allah is the only true being and everything in the universe is a manifestation of His existence, it follows that He is the ultimate author of all deeds. The Holy Qur'an reveals this profound truth in several verses. For example, it states, "It was not you who slew them; it was Allah: when you threw a handful of dust, it was not your act, but Allah's: in order that He might test the Believers by a gracious trial from Himself: for Allah is He Who hears and knows all things." (Surat al-Anfal, 8:17) Furthermore, the Qur'an emphasizes that everything happens only by the will of Allah, stating, "But you will not, except as Allah wills; for Allah is full of Knowledge and Wisdom." (Surat al-Insan, 76:30) Even the events that transpire and the perceptions we have of them are part of Allah's divine plan. As the Qur'an affirms, "Remember when you met, He showed them to you as few in your eyes, and He made you appear contemptible in their eyes so that Allah might accomplish a matter already enacted. For to Allah do all questions go back for decision." (Surat al-Anfal, 8:44) In the world, everything may appear to be independent and uncontrolled, but in reality, everything submits to Allah's will according to their illusory nature. The Qur'an beautifully captures this truth, stating, "I put my trust in Allah, my Lord and your Lord! There is not a moving creature, but He has grasp of its fore-lock. Verily, it is my Lord, Who is on a straight path." (Surah Hud, 11:56)

19. Allah states in the Holy Quran, "O you who believe, do not put yourselves forward before Allah and His Messenger; but fear Allah: for Allah is He Who hears and knows all things." (Surat al-Hujraat, 49:1) Those who are nurtured on the teachings of the Quran exhibit noble, polite, upright, and considerate behavior. This is the natural disposition of a believer who prioritizes others over themselves and provides for the needy, orphaned, and

captive out of love for Allah. Consideration is a characteristic of the companions of paradise. Examples of such kind behavior include not disturbing a fellow believer while they are engaged in important tasks, maintaining silence during prayer, ensuring the comfort of believers, inquiring about their needs, and serving them without being asked. However, these are just a few instances, as considerate manners can encompass numerous behaviors that adapt to changing circumstances. On the other hand, rude and inconsiderate behavior reflects the inadequacy of a person's faith. Someone who fails to consider the impact of their actions on other believers and acts solely according to their own desires and preferences deviates from the example of a believer depicted by Allah. The Quran emphasizes this aspect through various examples of both considerate and inconsiderate conduct. Moreover, it is essential to be gracious and respectful towards Allah's Messenger. Allah affirms, "And those who, before them, had homes and had adopted the Faith, love those who emigrate to them, and entertain no desire in their hearts for things given to the (latter), and give them (emigrants) preference over themselves, even though they were in need of that. And those saved from the covetousness in their own souls, they are the ones that achieve prosperity." (Surat al-Hashr, 59:9) This verse highlights the importance of showing love, selflessness, and generosity towards those who have embraced the faith and migrated, prioritizing their needs over one's own. Such individuals who overcome selfish desires achieve true prosperity.

20. Religious individuals are required to adopt a moderate approach, adhering to the boundaries set by the Quran. This entails engaging in lawful actions and abstaining from what is forbidden. It necessitates maintaining a balanced perspective. When believers interact with secular societies, they should not mimic the behaviors of those societies. Instead, they should consistently obey the teachings of the Quran and remain temperate in their conduct. This applies not only when believers are in a society different from their own but also when they are among fellow believers. Certain situations call for particular attention to propriety. For instance, Allah states in the Quran, "O you who believe! Do not raise your voices above the voice of the Prophet, nor speak aloud to him in talk as you may speak aloud to one another, lest your deeds become vain and you perceive not." (Surat al-Hujraat, 49:2) Believers should be mindful of their manners and speech when in the presence of the Prophet Muhammad (peace be upon him) and show proper respect and decorum. Believers naturally possess inner happiness and tranquility, while those who disbelieve often experience restlessness, stress, and aggression. It is as if they are already suffering the torment of hell on earth. Consequently, they tend to cause trouble and frequently face difficulties. However, believers refrain from engaging with such individuals unless they pose harm to the believers or religious people. They conduct themselves with honor and politeness. In the Quran, Allah emphasizes the importance of responding to vain talk by saying, "The servants of Allah (Most Gracious) are those who walk on the earth in humility, and when the ignorant address them, they say, Peace!" (Surat al-Furqan, 25:63) Believers turn away from vain and ignorant speech and respond by asserting their commitment to their own deeds while wishing peace upon others. They seek not to engage in ignorant disputes but rather to uphold their own righteousness. In summary, moderation, propriety, and peaceful conduct are essential aspects of a believer's behavior. They should maintain a balanced approach, adhere to the teachings of the Quran, and respond to others with grace and dignity.

## II. CONCLUSION

21. Today, if there is one thing that every person in the modern world experiences, it is stress. High-tech has become so pervasive in our lives that it is easy to become addicted to social media, smart phone, and gadget use to the point where it interferes with our relaxation and sleep. Stress is defined as any change that creates physical, emotional, or psychological pressure. Stress is our body's reaction to everything that requires our attention or action. To some extent, everyone is stressed. However, everyone reacts differently to stressful situations. Today, technology is the first thing we interact with in the morning and the last thing we connect with at night. The impact of stress and the coping strategies employed can vary from person to person. Situations like the COVID-19 pandemic can be highly stressful for many individuals, but most people are able to overcome the stress, while some may feel overwhelmed. Stress can manifest in various ways, such as fear, worry, difficulty in relaxing, increased heart rate, breathing problems, disrupted sleep patterns, changes in eating habits, difficulty concentrating, exacerbation of existing physical and mental health conditions, and increased substance use. This trend has been connected to a loss in mental health as a result of our always-on and plugged-in existence. We've developed the habit of living in our own world and looking at our device screens even while we're surrounded by people. Nomophobia (no mobile phone phobia) is a modern phobia that describes the fear of being without your phone. If somebody suspects that technology is boosting his or her stress levels, he or she should consult a psychologist or a counseling doctor.

22. Therefore, both the effects of stress and coping mechanisms can differ from person to person. Many people may experience stress as a result of a pandemic like COVID-19. But while most people can manage their stress, some could feel overwhelmed. Fear, worry, difficulty relaxing, increased heart rate, breathing difficulty,

disruption of sleep, change in eating habits, difficulty concentrating, worsening of pre-existing health conditions (physical and mental), and increased use of alcohol, tobacco, and other drugs are all signs of stress. The ability to manage stress will help us develop a stress tolerance. Working from home, the advent of social media, digitization or mechanical society, temporary unemployment, home-schooling of children, selfishness, and a lack of physical interaction with other family members, friends, and coworkers are all new realities that require some time to adjust to. We need to look after ourselves. We must eat healthily, exercise regularly, get plenty of sleep, and take breaks when we are anxious. Stress can cause emotional and nervous reactions, as well as difficulties sleeping and eating.

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#### **ABOUT AUTHOR**

Khandakar Akhter Hossain, PhD is a professor/researcher/Examiner at Dept of NAME, MIST, and BUET. Email:kahossain756@gmail.com, Mob: 01701336677

Dr.SharminHasan, MBBS, is a physician and self-practicing doctor and running an medicine firm a Dhaka, Bangladesh.Email: sharmin.hasan@gmail.com, Mob: 0088-01711956590