



DILGinsider

A publication of the Public Affairs and Communication Service on DILG LG Sector News

Working Around Stress: What you can do to manage it and avoid its negative effects

by: Sep Garsiya

Woken up by a searing headache, Marya, a DILG employee mustered all the strength to wake up and head to work only to be greeted by kilometers of traffic. She has arrived at work, late, and is on queue for the elevator, one of her many stressors.

With the demands of work and personal life hitting us on a daily basis, Marya's case feels like ours. Stress comes from everywhere, pulling and pushing us to the brink of collapse but there are ways to work around it as imparted through HRMD's Work-Life Balance Stress Management Seminar Workshop.

CAUSES OF STRESS

Allan Joseph P. Gamboa, an organization development consultant and one of the resource persons of the workshop, explained that though stress may seem 'omnipresent', there are ways to counter it but it is necessary to identify where it originates.

According to Gamboa, there are four types of stress namely:

4 Types of Stress

Time Stress

is experienced when a person worries about time or the lack of it.



Situational stress

concerns being in a circumstance that you have zero control over such as unfavorable working condition or rapid change.



Anticipatory stress

stress can be experienced through unpleasant expectations and fear or any situation that concerns the future.



Encounter stress

revolves around people. You experience encounter stress when you worry about interacting with a certain person or group of people such as role, issue or action conflicts



MANAGING STRESS



In as many as the sources of stress, there are also ways to manage it and avoid its effects such as health disorders like Carpal Tunnel Syndrome, Cardiac Diseases and depression.

Gamboa said that highly stressed people can develop Personal Resilience - Social, Psychological or Physiological - to make their lives less stressful. He also shared that

"keeping in touch with our vision and purpose in life" in times of distress will always lead people back to their goal which will help them cope with stress.

Humans as social beings always need people to confide and interact with. It is said that individuals who are embedded in a supportive social network are less likely to experience stress and are better equipped to cope with consequences.

"Supportive social relations provide opportunities to share one's frustrations and disappointments, receive suggestions and encouragement, and experience emotional bonding," Gamboa imparted.

Psychological resiliency are mental conditionings enabling a person to not focus on the stress at hand thus eliminating the chances of being stressed. This involves techniques like meditation, yoga, self-hypnosis and biofeedback.

Gamboa also noted that working for 'small wins' or incremental successes and celebrating each one rather than trying to achieve major milestones can develop a sense of progress helping one cope with major stressors.

One of the speakers, Jose Romulo N. Buhay, a fitness enthusiast and managing director of LEAD Innovative Learning Inc., said that proper nutrition and movement contribute to physiological resilience

Buhay said that in terms of nutrition, "only eat the amount of food your body needs for the next few hours and avoid overeating". According to him, an individual should eat every 3 hours and should never go more than 4 hours without eating.

"Follow the 4+1 rule. In each meal, eat 2 handfuls of grains, 2 handfuls of vegetables and fruits and 1 handful of protein every major meals and snacks in between which should not exceed 150 calories," he explained.

He also shared that the body should be strengthened to take the hits of stress through stretching for flexibility, weight training for strengthening muscles and bone mass, and aerobics for the heart.

One of the participants, Nelia Abalos, LGOO V of BLGS said that "stress is part of our life and nobody is free from experiencing and encountering stress," but she learned that how a person deals with it is a huge factor.

"I think this kind of activity should be re-echoed to our co-workers so that they will be able to learn and observe the benefits of handling/managing stress. In order for everyone to be less sick and be productive not only in our office but at home as well," she said.

Graphics and Layout by: Mico Ovilla

DILG SHARED VISION

A strongly determined and highly trusted Department committed to capacitate and nurture local government units, public order and safety institutions to sustain peaceful, progressive and resilient communities where people live happily.