

# Stress: A Blessing in Disguise

## Stress is an opportunity to have an introspection to identify the real self!

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### Abstract:

In day to day life all have to undergo, in one way or the other stress. It may come from any quarter. With the progress that the present generation is making, in comparison with the ancestors, there is lot more stress to be encountered today. So the current age could be simply termed as the Age of Stress. Stress in itself is understood to be a negative term, destroyer of everything. But when stress is only at a moderate level, it benefits the individual a lot. It has lots of benefits to offer. So, this is an article that tries to make a headway into some of the plus factors of stress like immune system, collaboration, efficiency, shrewdness, intelligence, setting priorities, and the capacity to recognize the self. He also makes an effort to understand what stress is. In order to see that stress is made as blessing in disguise, author suggests introspection and identifying the reasons for being stressed. Thus stress may turn out to be an instrument to make one healthier, smarter and stronger. Be in control of stress if not it may take control of us and that will destroy the entire life in and outside the individual.

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## I. INTRODUCTION

Today's world is on a progressive mode in every sphere. As the progress is so is the rise of stress in every individual's life. It may be from one's work place or can be coming from the issues that one has to encounter from one's own family. But the fact remains, one can hardly relax, instead it makes one to stand on pins and needles. Every migration, every transfer, every change in work place, every promotion, every alteration brings in stress to individuals. It has become a household word in the life of practically every human being. Here in one has to look into oneself and know the self, to come out with solutions to bail oneself out of such situations. This is the time when one realizes that one has to have a deep change in oneself to go all the way.

## II. STRESS

The word stress can be understood in very many ways. It can be understood as the way in which the nature tells everyone to take note of something and to come out with solutions. It can also be understood as the reaction of the

body to anything that happens in and around us which needs a response from our end or an adjustment. The body has to react

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to stress physically, emotionally and mentally [1]. And the fact remains, stress is part and parcel of one's life and it can be experienced from one's own thoughts, one's own body and one's own environment.

Normally there is a blame game played in the face of stress as though it is coming from outside oneself and everything else other than the self is considered to be bad and are instrumental in causing stress [2]. Most of the time that turns out to be a mistaken conception. When one projects negatively the other side of the coin which is the positive side of reality also has to be projected. That positive energy which is in oneself, will certainly make one to outsmart stress and take oneself to greater heights. That is the way one has to make use of stress to succeed in life. Though one may feel bad and hopeless with stress but one

has to believe in what it intends for oneself, the plus factors of stress.

### III. THE PLUS FACTORS OF STRESS

Here we have a brief look at the various plus factors of stress.

#### A. Increases the Capacity to Recognize Oneself

In the ordinary circumstances everyone tries to run away from stress. Once that happens, stress becomes a serious botheration and it becomes a serious area of concern for all. Instead when one learns to live with stress and tries to cope up with it, it makes one to realize the areas of concern that one has in one's own life. It becomes a pointer to oneself to realize that there are weak areas in one's life and one has to take necessary steps to see that they are negotiated and remedies are sought after [3]. So it turns out to be opportune time when one realizes and recognizes oneself, as to where one stands. A self-awareness which also turns out to be the first step to growth.

#### B. Being Innovative

Unpredictable things ought to occur in life. Some of them turn out to be for good and some others obviously will not give the positive result one normally hopes for. Can that be named simply as stress and matters to be brooded over with? Well, for a successful person that becomes part and parcel of life and one takes such incidents to learn and be more innovative and creative to life so that life remains something that is for enjoying. Here it is to be noted that when life goes on, on the same platform without any ups and down, it may turn out to be of boring and monotonous nature. Whereas when there is a variety with different things that can contribute to its growth, one really becomes innovative and creative and finds ways and means to solve problems faced and to move on in life to conquer greater heights. It will bring in the risk factor [4]. Though it is going to be more stressful, it brings out the best in an individual and that leads to more creativity and innovation.

#### C. Prioritize Urgencies

When an individual is on stress due to work, one knows which of the upcoming events are more important than the others. Accordingly they can put the priorities right away and the urgent works could be completed first. This brings in success to one's endeavors and that eases out the situation more pragmatically. When the work load is more, if prioritization is done, automatically one will look forward to get the important ones immediately cleared and normally looks forward to the next with a sense of satisfaction and accomplishment [5]. Once this sense of achievement comes in, it will turn out to be a motivational factor for everyone to achieve further success in life.

#### D. Look for New Prospective

While one encounters stress, if it is looked at positively one has certain challenges in front of him/her. These challenges throw many avenues open to them. When it

happens automatically it enables, pushes up, gives new directions, and adds new knowledge, gives a kick to move out of failures to success. Another way of saying the same is, one looks for new avenues and opportunities to flourish. Irrespective of the situation, stress, then will be viewed as a challenge and not as a hindrance [6]. So then, one does not look to be a victim to the same but turns out to be a fighter and a conqueror to overcome it. So new possibilities and untraveled roads are sought after.

#### E. Increases Intelligence

When stress is on the rise, in order to cope up with that, obviously there is expected to be a rise in intelligence too. In order to respond to the day to day stress, one's ability to address the immediate needs have to be on the rise. When one is in such kind of situation one's focus increases. It does not stop over that, instead it increases one's mental capacity in academic performance or in one's ability as a professional. As and when stress level rises, automatically one's memory power will be on the rise and also one's capacity to recall and define also will move upward. This is very helpful for addressing matters of critical nature. This keeps one agile and alert. It increases the capacity to get the memory sharper and to have a detailed understanding of things [4]. Faced with difficulties and anxieties, one certainly looks for smarter options to come out of it.

#### F. Eagerness for New Challenges

Without struggle no gain can come. Greater the level of hurdles, (when one sees it as a challenge), sharper and smarter would be the solution. One turns out to be the most fruitful when one is pushed to such an extent that one has no other go but to improve own ability, skill and knowledge. The harder the prospective of improving it, longer the time of its retention. One should be happy to be in desperate situations so that the best of the individual will come out. So, only with struggle and anxious moments one should be able to become smarter. This achievements should make one joyful and happy. This feelings must make one to thrive for the ultimate [7]. So the process must be to get inspiration out of the situation than going for discouraging moments. That brings in much gain to the individuals. So harder the effort greater the success going to be.

#### G. Better Tactics

No one likes permanently to be in problems. Everyone looks for opportunities and chances to get rid of it. When done in a hurry, immediate results may be achieved but the person concerned will be into greater problems. If, not taken careful steps, then one is sure to sink into the deep ocean of stress. Instead, when one is opting to think and slowly go through the problems to come through successfully, one will choose new tactics and those that can best suit the situation. Here, one learns various tactics and strategies and that will stand with the individual and the more one goes through such experiences, in turn it will enable the one to be better prepared for one's own future [8].

#### **H. Increase Collaboration**

When the going gets tough, it is to be noted that collaboration from those who have the capacity to get stress out of the way must be sought after. Those successful ones, through help, advice, aid and brainstorming can ease the concerned individuals' stress level and can come up with the best solution in the given circumstances. This enables the persons concerned to know the best way to solve problems. So, one need not have to get stuck with the situation that one is in, but can get collaboration from others and grow out of it efficiently and effectively [8]. When it is being shared itself, one feels better off and the concept of burn out would not be something that one has to be afraid off.

#### **I. Creates a Confident Attitude**

Every situation, every event and everything that happens to an individual has two sides like a coin. Either, one can concentrate on to one side of reality more and turn to be the ones who only look at the one side of the realities of life. More often than otherwise that turns out to be the negative side. This is the easiest option and is a natural process that one prefers to take. Whereas in everything that happens, there is always the positive side to the reality as well and that must be looked at. If one forces oneself to, one can change one's attitude of being in a position of self-pity to self-appraisal and can move on to become person of positive attitude. For growth and development, positive attitude to life and situation are must. If the attitudes fall in correctly, every stress-signal must make the individual alert to the situation and that can enable one to smartly approach the situation [8]. When one approaches stress with positive mindset, one should be able to find possible positive solutions to situations and can move on.

#### **J. Increases Immune System**

For a body to resist infection and various types of illness, it needs higher level of immune system. It is the same immune system that has the power even to resist stress and to overcome it. When the stress is on the rise, it creates negative energy in the body and the final outcome is reduction in immune system. Especially at the beginning of an attack from stress, it is the immune system that keeps the concerned system going [9]. At the beginning stages of stress, the moment body feels something against the concerned individual / event, it produces such hormones which are needed to fight the temptation.

#### **K. Increases Effectiveness**

When there are too many things getting lined up to complete in a given period of time, everyone goes mad to complete it and to be secured. Smart employees, who are result oriented, when on stress, makes extra effort to see that the deadlines are met and that too at the best way possible. It is possible only when employees find stress as motivational it produces positive energy too. It is also to be noted that when there haven't any known deadlines to be achieved, the production level will be slower. On the contrary, when one is willing to take risk and is willing to counter the hurdles

especially created through stress, makes one to be tougher and bumbling with confidence [7]. Once it happens, that individual could be a hot cake in the market. Even in the company, the one who has the maximum capacity to resist stress, certainly will find higher seats.

#### **L. Happy Life**

Stress may turn out to be a survival tool. In a given circumstances, when it is found that there is no other go, one automatically looks for energy from within and fights all the way for victory. Faced with risks and challenges, one has to find a way forward and there the energy that is generated are beyond comparison. It may be from identifying a new customer, can be from overcoming the fear that is constantly with us or from someone who can take that extra measure to meet new and unknown people, or else may be by overcoming the ignorance that could be relevant. Once such difficulties and ignorance have been conquered, life turns out to be healthier, of greater fulfillment and of much joy and happiness [10].

#### **M. Increases Shrewdness**

According to the study result presented by Johns Hopkins University, it was found that mothers while being pregnant who had undergone normal level of stress have their off springs becoming shrewder than the children of the same age. So also those children who had to undergo stress for a small period of time also turn out to be better prepared to face realities of life later on [11]. It could be that they had to feel the anxiety of being separated from their loved ones due to one reason or the other for a short while, grow up to be adults with better brain functions and less anxiety in life.

#### **N. Better Focused**

Short term stress also has the possibilities of having better focus on to the task in front. For example students just before the exams, though there is so much of anxiety about the exams, they will be surely focused on to the task at hand to complete it at the best way possible given the opportunity and time. The effort put in then brings in much better effort than otherwise. Same could be said about those who are running marathon, or those going in as new recruits, beginning a new job or trying to make a new friend etc. So the intensity of the effort put in will be maximum and the out also is expected to be in similar line. For the one in concern puts everything one has to get the best out of it and so the result is expected to be great as well [7]. They keep away everything else that can distract and the entire focus will be to that one task that is in content.

#### **O. Better Handler of Stress**

As the saying goes, learn from mistakes, comes very handy over here. One who has gone through a stressful situation and has come out successfully, will know when similar situation occurs for self or for the other how to handle it better to reach the other side of reality. One learns from one's own experience, who could be the best teacher and grows to be better human beings. For every stress turns out to be another opportunity to learn something new and so



one does not stop learning, instead moves on to build on the experiences which one had already in life [4]. The more one is able to learn from stress, one begins to find meaning in one's own life. And that makes it all a beautiful thing to happen.

#### IV. CONCLUSION

All these while everyone had aversion towards stress and it was a terminology that was considered with negative connotation. It was something that had to be done away with and so given the opportunity there were always efforts made to see that they were packed and disposed of. But it is to be noted that, stress to a certain extent is not a demon but is beneficial provided it is handled well. So the final words could be that let stress be considered and treated as a friend and it will surely bring positive laurels to one's life.

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