

Stress, Burnout and Coping Strategies

Dr. Shubhra Ojha

Stress is an unavoidable reality of life. But stress isn't always a bad thing. It's a natural, physical response that can trigger our fight-or-flight response. Stress can increase our awareness in difficult or dangerous situations, allowing us to act quickly in the moment. Without it, humans wouldn't have survived this long. Stress is your body's response to any demand, according to the National Institute of Mental Health (NIMH). At a particular point in our career, we all encounter stress or burnout, which is associated with the corporate world. The term 'stress' is defined as a person's response to a disturbing factor in the environment, leading to physical, psychological or behavioural divergence for organisational participants. It is an important part of work life, which encompasses the interaction of individual and the environment. The factors from the environment which causes stress are called 'stressors'. The intensity of stress is not same for all individuals, i.e. some get highly stressed as they overreact to stressors while some have the stamina to cope with stressors. In general, stress is seemed as negative, but it has a positive dimension also. When stress is positive, it is known as 'eustress' which is often viewed as a motivator. Eustress provides an opportunity to an individual to gain something. The stress is said to be negative when, it is related to a heart ailment, marital breakdown, drug abuse, alcoholism, etc.