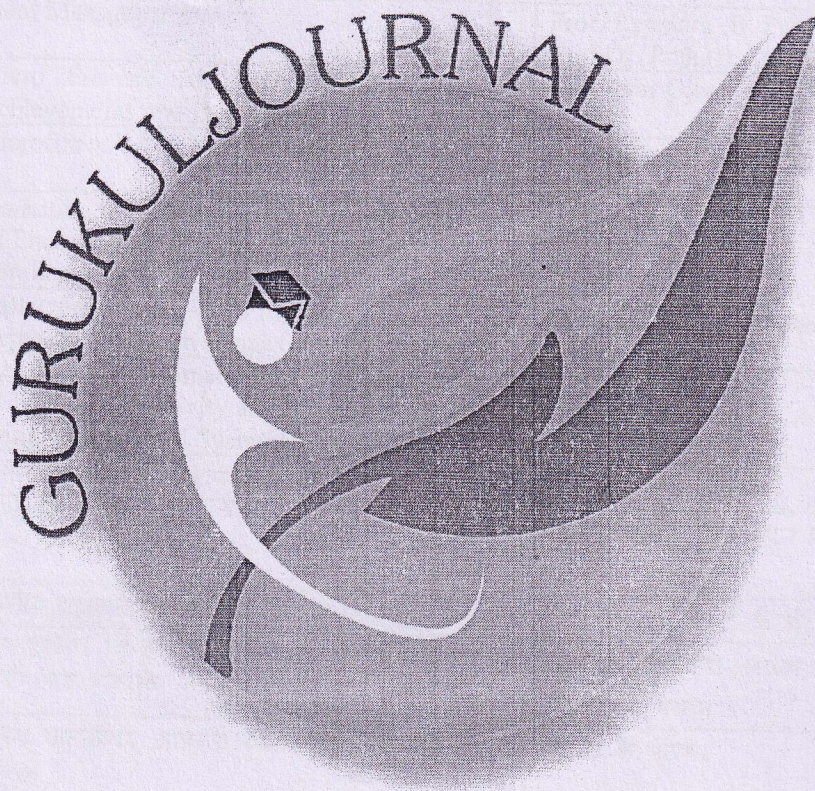


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## Stress Management in Sports and Modern Life

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### Abstract :-

*Stress is normal part in modern life. In small quantities stress is good. It can maturate you and help you become more productive. However, too much stress or a strong response to stress can be harmful which is called as negative stress. If we always respond in a negative way, our health and happiness may suffer. By understanding ourselves and our reaction to stress-pricking situations, we can learn to handle stress more appropriately. Stress management is not about learning how to avoid or escape the pressure and turbulence of modern living. It is about learning to appreciate how the body reacts to these pressures, and about learning how to develop skills which enhance the body's adjustment. Stress management is to learn about the mind-body connection and to the degree to which we can control our health in a positive sense.*

**Keywords :-** Stress, Steers, Management, Modern Life, Sports.

### Introduction :-

Our liver today abounds with tension, deadlines, traffic jams along house and at work. The list is seemingly endless sometimes. Stress is our body's internal reaction to external stimuli coming from the environment. Stress is everywhere and because of it the performance is dramatically upset. As stress is a part of modern life, with increasing complexity of life, stress is likely to increase. Various events in life cause stress, starting with the birth of a child and ending in the death of dear one. If work-related stress is not recognized, acknowledged and managed appropriately, it can lead to serious illnesses, ranging from heart disease to mental disorders, to productivity decreases and substantial dilatation costs.

Modern organizations presently recognize that people face various types of stress in their daily work and personal life. Stress is inherent in modern life. People working in every place develop emotional or physical problems which result in stress. The term stress has been derived from the Latino word "stringer" which means to draw tight. "Everyone knows that energy is capacity to do work", for in life we need more or less energy.

### Concept and Definition of Stress :-

**Stress-** Stress is a state of tension produced by pressures or conflicting demand with which the person cannot cope adequately. The stress of creative successful work is beneficial, while that of failure, humiliation or inflection is detrimental. It is believed that the biochemical effect of stress would be experienced irrespective of whether the situation is positive or negative. Stress as a variation from one's state of being in "estruses" which is marked by man, specific to any demand made on it to adopt.

### How Can We Manage Stress Positively?:-

One of the best defenses against stress is to have a well balanced lifestyle backed up by a healthy diet and an idea of the relaxation techniques that work for you. The following techniques are a selection which can be successfully used to relieve tension and anxiety during a difficult

