

Integrative approaches to stress management

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Modern man is faced with the paradox of stress.

Stress is an essential part of life, providing people with the impetus for vitality, drive and progress. Conversely, also stress is the root of a multitude of sociological, medical and economic problems.

The current epidemic of stress related disorders is a dilemma for the physician. Approximately 50-75% of all visits made to the physician are directly or indirectly related to stress. This paper attempted to throw lights on the 4 Ss of the stress. Firstly, signs of stress including concept, types and biological aspects of stress ; secondly sources of stress including the biopsychosocial causes of stress ; thirdly, symptoms of stress including the component of stress responses which consist of emotional, somatic and psychological responses ; lastly, the paper will present the possible solutions, in addition to the possible pharmacotherapy treatments as a global approach to the management of stress. Basic understanding of stress, its signs, sources and symptoms will increase the chances of making an appropriate choice of solutions and applying them to personal and professional life.