

## COMMON STRESSORS WE FACE IN MUMBAI CITY

We all live our present day lives at such a fast pace that irrespective of our age, gender, qualification, financial position or geographical location, we all are affected by stress in our daily life.

Each individual is indeed unique and has his own set of stressors he is vulnerable to. What may be life threatening stress to one individual may be a joke to another. No two individuals can be the same in that respect.

In the current scenario of stress being so common among us, how we respond to stress assumes a lot of importance. Every time we face a stressful situation, how we perceive that situation and respond to it determines our stress response. Our perception is based on our beliefs, assumptions, values and conditioning. In a broader perspective, our response is based on our past experience, genetic inheritance, personality, lifestyle and culture

### COMMON STRESSORS IN MUMBAI:

#### 1. Local Trains:



One of the most common stressor we face in our city is travelling in local trains. Since local trains help a large number of commuters travel to office and back home daily, it becomes one of the most important sources of inevitable stress. The local trains are overcrowded and commuters end up being irritable, anxious

and angry. Since they face this scenario on a daily basis, they become more reactive to stress at work and at home, thereby affecting their quality of life. Facing stress constantly takes a heavy toll on the body and mind as a result of which even the health of the individual is affected.

## 2. Traffic Jams:



Another common source of stress in our city is facing heavy traffic. A traffic jam not only causes direct stress because of the air pollution it causes, but it also causes Indirect Stress as people get so stressed up that their blood pressure rises, muscles tense and heart beats faster.

If an individual were to interpret this same scenario differently; say as an opportunity to relax and listen to his favourite music CD before getting to work, he may not experience stress at all. So, A LOT DEPENDS ON ONE'S ATTITUDE.

## 3. Unhealthy Socializing:



A very common way to socialize is to eat out late, drink and smoke. Those who have dinner as their heaviest meal of the day, do not get a proper sleep as the digestive system is kept working overtime which affects the sleep cycle. Also, eating a high fat, high carbohydrate diet is naturally harmful to the body.

Heavy drinking, smoking too much and staying up too late put direct physiological stress on the body. If you have had a late night or drink too much, it leads to frustration and low self-esteem at work the next day. Also, a lot of people drink alcohol in the evening, thinking it will give them a good night sleep. Alcohol actually disrupts sleep patterns, making sleep less restful.

#### 4. Monsoons:



Since we experience heavy monsoons every year, it results in considerable water logging in many parts of the city on a regular basis. A commute to school, office, to the airport or train station, when affected by a heavy shower adds to considerable frustration and stress as we are unable to get to our

destination on time.

One of the best ways to manage stress that comes your way is to plan your day properly, manage your time well and have a positive attitude. Of course, disappointments will always be there, but if you realise the cause of your stress, managing your life will be a lot easier.