INTRODUCTION:

As per the terminology advocated by Hans Selye stress refers to the negative consequences resulting in several physical and mental symptoms that vary predominantly with each individual's situations. In the present scenario of globalization stress management has become paramount to exist and promote an individual and organs aton.

Various forms of stress-evaluating techniques are available that are used to measure the levels of stress in an individual e.g. polygraphs.

There are several stress management techniques that are applied for combating negative effects of stress but each one has to be particularly evaluated to now its effectiveness. Alternative therapies are also widely used to manage stress besides health care providers and self-help groups whose primary aim is to promote general well being.