

Day one:

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Day One: 1. February 12th, 2013 2. I was sitting at home, on my computer when my mom decided to walk in and tell me to start my homework. Little did she know, as she continued on yelling at me about how I never do anything, I was reading my math textbook. After we had gotten into an argument, she left the room, and instead of continuing to read, I got on the computer to take my mind off the situation. 3. After I had gotten into an argument with my mom, I noticed that I started to get a headache and my neck felt very tense. 4. I was mad at the situation, as well as my mom, and felt sad that my mom felt that I wasn't using my time usefully. 5. To cope with the stress, I decided to get on the computer to take my mind off of things. 6. I felt that the strategy that I used was fairly effective in that it took my mind off the situation and let me enjoy the rest of my night. Day Two: 1. February 14th, 2013 2. My boyfriend and I were relaxing at our house watching television when we got into a pointless argument that got us both very heated. Being how I am, I removed myself from the situation and walked out of the room, giving us both a chance to cool off because going out to dinner for Valentine's Day. 3. After getting into the argument I noticed that my head started to feel like it was throbbing. 4. Initially I was angry at the fact that we were disagreeing over something so simple, but then I was overwhelmed with the feeling that it was pointless to be arguing. 5. To cope with the problem, I went back downstairs to the room where my boyfriend was and talked to him about what had happened, and eventually worked out our differences. 6. I thought how I coped with the stress worked very well, as neither of us suffered any long-term effects from the stress and in the end, worked out our problems. Day Three: 1. February 17th, 2013 2. I was sitting at home, doing my homework when I got hungry. I went into my kitchen and

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began to boil water so that I could start making the soup. After I finished making the soup, I brought it back into the office and began to work on my homework again. Only this time, I managed to spill the soup all over my homework and myself. I ran into the kitchen to get paper towels, but while I was cleaning the soup, the hot water was hurting my hand to touch. 3. After spilling the soup everywhere, my initial response was that my muscles tensed up and I sprung out of my seat. 4. I felt disappointed at myself for spilling the soup all over myself and the office, even after knowing that I wasn't supposed to be eating in there. 5. In order to cope with the stress, I just constantly tried to remind myself that everything was going to be okay and that things happen, and sometimes it is okay to just move on. 6. I felt that the coping strategy helped me to relieve myself of some of the stress that I put on myself. Day Four: 1. February 22nd, 2013 2. I went over to my friend's house to work on a project that we had been assigned for English class. Only little did we know, we had virtually no idea what to do for the assignment, as it was never posted online, only discussed in class. As we struggled to put together a power point to display what we had done, we became more and more frustrated at the fact that we had no idea what we were doing. After working on the project for hours, we went out to eat to do something besides the project. 3. All throughout doing the project, I found that I had a bad headache and that I couldn't think clearly. 4. While we were doing the project for countless hours, I couldn't help but feel angry because it wasn't completely our fault that we couldn't complete the project the right way. 5. To cope with the stress I decided to go to the gym with one of my bestfriends to relieve me from my stressful day. 6. I found that my coping strategy was very effective in that it took my mind off of my project and I got

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to have some healthy fun with my friend. Day Five: 1. February 23rd, 2013 2. I drove over to my boyfriend's parents house and shortly after I arrived we left to go to dinner with my boyfriend and his parents. While we were eating at the restaurant I reached down, and noticed that I had lost my keys. After we finished eating dinner, we got back to their house I searched all around the car we drove and throughout the house. 3. After I realized I had lost my keys, all I could remember was that I couldn't think clearly and my body started to tense up. 4. Initially, I was very upset with myself. I was also disappointed that I couldn't find my keys and I needed to get home to finish homework, and to drive myself to school early the next morning. 5. To cope with the situation I tried taking deep breaths because I couldn't think of any other way to cope with how angry I had become. 6. I felt it wasn't a useful coping strategy because I was still angry with myself, and still felt very tense. Stress Assignment: 1. The situations that I found myself in that were causing me the most stress were mostly situations in which I had done something to cause myself stress. Most of the times that I became stressed were in situations where I could have probably done something in the first place to save myself a lot of time and pain that is involved with stress. For example, when I lost my keys at my boyfriends parents house I got very angry and upset, but it could have easily been prevented if I had a keychain for my keys or a place I knew I wouldn't have lost them. I feel that I beat myself up over things that I could have prevented in the first place, because I know that I could have prevented the situation from happening at all. 2. I feel that I am a pretty strong physical responder to stress. Whenever I become stressed about something, I always seem to feel it in my head. Whether it is a headache, or a sore neck, I can usually tell when I am getting

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stressed out very easily. I also feel like my back is an area that tends to tense up whenever I get stressed. I find it helpful to lie on my stomach and stretch out to try to relieve some of the tension involved from stress. 3. I feel that some of the methods that I use to cope with my stress are healthy. Sometimes when I am feeling stressed, I like to go to the gym or read a book. I feel that I can take my bottled up anger or emotions out in a healthy way. However, I feel that sometime the methods I use are not that efficient or healthy. When I become very stressed, often times I find myself eating unhealthy foods like chips or fast food. 4. For the most part, I was able to calm myself down through my own thoughts. Whenever I become really stressed out, I would let myself know that everything was going to be alright, and that things happen that are out of our control. However, sometimes I found myself making it worse, by beating myself up over something that was so insignificant. I find it that it is much easier to just move on sometimes than it is to think about a stressful situation. 5. I feel that for the most part, my emotions got in the way of me coping with my stress. Often times I found myself becoming angry at a situation, which in the end, only made it much worse. Whenever I get angry, I feel that I would somehow temporarily lose my ability to make rational decisions and just stop thinking all together. This made it much worse because I was unable to calm myself down and think about how I was going to work through a situation. 6. Overall, I feel that with some of my coping methods, I was effectively able to do something that was healthy for my body, as well as reduce the stress that I was feeling at the time. When I did things like go to the gym or relaxing reading a book it helped take my mind off the stressful event and helped me to be more clear minded. On the other hand, sometimes I wouldn't deal with the situations to

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the best of my ability. Instead of working out, I found myself often beating myself up mentally over a situation rather than trying to fix it. Also, I found myself eating unhealthy sometimes after I was put into a stressful situation that I couldn't handle.