

# Psychology of stress flashcard



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This paper intends to look further into the psychology of stress.

It plans to focus the discussion on the following: 1) emotions and illness; 2) managing negative emotions; 3) optimism and pessimism; as well as 4) sense of control. Emotions and Illness It is extremely difficult to control your emotions during an occurrence of illness (Richter, 2000). However, it is always better to keep in mind that emotions contribute largely to an individual's well being, especially if it is a positive attitude or emotion (Richter, 2000). An illness, without a doubt may make an individual feel angry, frustrated, sad, as well as, frightened and such display of negative attitude or emotion will surely bring about more pain suffering for the sick individual (Richter, 2000).

Explaining further, such negativity play a great role in the worsening of the physical symptoms that the sick person experiences (Richter, 2000).

Although it is quite an excruciating experience not to show negative emotions, it is still the right thing to do (Richter, 2000). See, for those people suffering from an illness and do not know how to articulate their emotions for any reason, there will come a time that their feelings will turn out to be extremely overpowering and devastating which will consequently lead to what psychologists technically refer to as depression (Richter, 2000). If that happens and the negative emotion will reach its highest peak then all the more that the illness will not be eliminated (Richter, 2000). Deducing from the two paragraphs above-mentioned, it only means that an illness plus negative emotion equals stress (Richter, 2000). If we negatively react to a dilemma, in this case, illness, then we surely experience stress (Richter, 2000).

Managing Negative Emotions There are several ways of handling negative emotions and some of these are the following: First of all, do your best to relax (Belvoir.. , 2007). Relaxation techniques including: 1) deep-breathing exercises; 2) meditation; 3) visualization, as well as, 4) yoga may help establish emotional balance and lessen, if not totally eliminated emotional stress (Belvoir.. , 2007).

Secondly, try to calm your senses down by listening to music that you love and that has a soothing effect on you (Belvoir.. , 2007). It will also be helpful to your senses if you take a walk along the beach or anywhere that is peaceful (Belvoir.

. , 2007). In addition to that, a massage will also be of help to relax the muscles of the body (Belvoir..

, 2007). Third is to let go of or utilize your energy through physical activities that may help release negative emotions like anger, frustration, sadness, etc (Belvoir.. , 2007). For instance, you may opt to clean the house, walk the dogs etc (Belvoir..

2007). Last but not least, is to articulate your emotions by speaking to someone whom you love and trust (Belvoir.. , 2007). Speaking about what is causing your negative emotions and attitude is always a good way of letting go of it and thus reducing stress as well (Belvoir..

, 2007). Deducing from the aforementioned statements under this category, we can clearly see the importance of managing negative emotions (Belvoir.. , 2007).

Carrying out the aforementioned techniques will lessen if not totally eliminate the stress experienced by individuals (Belvoir.. , 2007). Optimism and Pessimism Optimism is technically defined as, ??? an inclination/propensity to look forward to the best possible result or settle on the most promising aspects of a condition or situation??? (The. . , 2000). Pessimism, on the other hand, is defined as, ??? a predisposition to emphasize the unconstructive or unfavorable and take worse possible perspective on a certain situation??? (The.. , 2000).

Allow me to share with you my personal experience to explain further how optimism and pessimism contributed to my experience on stress: Before I entered college, I was really full of pessimism. Back in high school, I finished only as a second honor, instead of the first or the best. To my surprise, I did not even get the medals, plaque, certificate, and trophy which says ??? Best in Math???, ??? Best in English???, ??? Best in Science???, and ??? Scrabble Champion??? respectively. In addition to that, though I passed all the entrance exams to the schools that I prefer to pursue a college degree in, I did not pass the scholarship grant that I needed so badly. Furthermore, my parents did not want me to take up Culinary Arts which is what my heart really desires. Instead, they wanted me to take up any pre-medical course leading to a degree in medicine.

All of the aforementioned only consequently made me feel extremely inferior that I felt exceedingly negative when I started college life. These occurrences have been exceedingly stressful for me. It is good that there were instances in college life that motivated me to gradually change my outlook and

eventually turned into an optimistic person. First of all is the realization of an ultimate motivation, which is to study hard for me to be able to succeed and in the long run provide my family with their needs and wants and no longer experience poverty and all the consequences that go along with it.

Second is the fact that I am scared to get a failing grade since it would mean annihilation of the realization of my ultimate motivation. The third occurred when we were divided into small groups and most of my group mates were unable to complete the tasks assigned to each of them. That time what I did was, instead of entertaining my negative emotions; I fought it and stepped up for the rest of the group. I led them inspired them and of course, we managed to finish everything and we received an excellent grade in the end.

The last instance where I was pushed to become optimistic was when my best friend asked for help for her extremely long term paper and I couldn't decline her request, however, I also had to study for three long exams and time management was really a problem. I did not think at all that I will be stressed or defeated by time management dilemma so what I did was to give my best friend instructions on what to do so that we can do more together as a two-man team and then I squeezed in reviewing every time she does not have questions or need help. These occurrences did not entirely eliminate the stress that I have been going through; however, turning optimistic from being pessimistic has been extremely helpful in the reduction of stress that I have long been experiencing. Deducing from my personal experience, we realize that pessimism and optimism also contribute to the increase or decrease of the amount or level of stress experienced by an individual.

Sense of Control For the final portion of the paper, let's take a look at how

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sense of control contributes to stress. See, if an individual has ??? too little control???, what usually occurs is that, he or she ends up feeling helpless and that he or she has a tendency to discontinue whatever it is to improve the condition he or she is in (Uncommon.

. , 2007). For instance, he or she will stop working, or he or she will stop doing anything that he or she used to get pleasure from (Uncommon.. , 2007). If, however, the individual has ??? too much control???, it will also lead to negative results (Uncommon.

. 2007). For instance, if a lady is annoyed whenever a man approaches her and starts courting her, and the lady wanted to stop every effort made by all her suitors then she will only end up feeling exceedingly stressed because this is one thing that she has very little control of, if not none at all (Uncommon..

, 2007). Deducing from the aforesaid statements, it is clear how sense of control is also important in controlling and reducing, if not entirely eliminating stress. References<http://www.medicalnewstoday.com/medicalnews.php?newsid=66705>[http://www.clinical-depression.co.uk/Understanding\\_Depression/control.htm](http://www.clinical-depression.co.uk/Understanding_Depression/control.htm)