

Coping with stress

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Coping with stress . Coping with stress Stress is a situation that arises in the life of people due to several different factors. The condition of stress is unavoidable in one's life. Stress is a reaction of different events that take place in our life. Different internal and external factors are responsible for building stress in the people. Any change in the life can lead to stressful conditions, these stress can be positive or negative depending upon the cause of stress (Tanner, & Time-Life Books, 1976).

There are many cause of stress like social factors, familial factors, physical factors, psychological factors, etc. The major cause of stress in my life is the psychological factor. My aims are always very high and I put in all my efforts to achieve my goal and target. I have always managed to keep up to the expectations of the people and this is the major reason of my stress. The fear of not keeping up to the expectations of other people always keeps me under stress. This stress keeps me under pressure, constant headache, cold, stomach ache, afraid to express myself in front of people; the efficiency of my work is also reduced due to this stress (Lazarus, & Folkman, 1984).

A proper strategy must be designed in order to cope up with this stressful condition in order to make myself capable of achieving my goals and aims. First I must make myself realize that nobody can be perfect and that mistakes can be made by everyone. I must try to relax myself through meditation and certain medications so that I can get relieved of the stress. These techniques will certainly get me out of the stressful condition because the best solution of getting relieved from stress is meditation (Lazarus, 1966)

References

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