

Stress project



**ASSIGN
BUSTER**

Stress Project After taking the various stress related tests in order to determine my type of Locus Control personality, it appears that I am a person of the Type B kind. I have an external type of Locus control, therefore, I tend to allow fate, chance, or luck to determine the future of my life. Now as a child, having an external locus of control is acceptable. But at this stage in my life, an external locus of control does not bode well for my future. Therefore, I have made a conscious decision to take more control of my future by steering my actions and decisions towards what my vision of what my future should be. The fates may have one idea about how I should live my life, but, I may have other ideas that may not sit well with the fates. Nobody ever said that fate could not be changed by other forces right? That is exactly what I am going to be doing. I am the master of my destiny, fate should only be the eventual outcome if I do nothing to change what could be a negative fate for me. Life is not about luck. It is all about ambition and drive. Stress management is something that is very difficult to accomplish. Even with all the self help books out there and the empowerment speeches being thrown at us, it is still difficult to find an effective way to manage the problems that beset my daily life. I find that playing motion controlled video games like tennis, sword fighting, and even boxing, helps to take the edge off. Stress is just basically excess tension and anger that cannot be unleashed upon people or events in our lives. But, with an avenue to release it, such as the interactive video games in my case, I find that stress management comes easier and actually helps me regain my focus on the tasks on hand. Even just tuning out at the end of the week and leaving town to bond with my friends in a different environment like a health club or resort

helps lower my stress level and refocuses my energy on self healing, empowerment, and improvement.