

Bhs 400 - module 1 slp (stress management)



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Stress Education Running Head: Stress Education Stress Education Stress Education 2 Stress management techniques have much importance in everyday life especially in the current century because of immense pressure and competition from all corners of life. In this article I am discussing the importance of stress education in everyday life.

Introduction

“ Pre-exam stress makes it more difficult for candidates to solve complex problems, a US report suggests.” (Stress bad for exam performance, 2004)

Stress education or management techniques will help a person taking control of both his physical and psychological environments. Stress is a universal thing which can be witnessed in every aspects of life like social, personal or professional life. So effective management of stress, can make a person successful in all aspects of his life.

Stress management

Identification of stress is the most important thing one must learn. “ Most people are exposed to much higher levels of stress than they realize. Brain cells, “ talk to each other” by means of chemical messengers. When a person is exposed to too much stress, chemical communication in the brain begins to fail. When these messengers fail, a person suffers from sleep disturbance, aches and pains, depression and anxiety. This condition is called -- OVERSTRESS. Three brain messengers control your sleeping,

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your energy levels, and your feelings of pain and pleasure.”(Steve Burns MD). Stress is often related to some kind of worries. Identifying the root cause of such worries and rectifying it will result in reduction of stress.

The effects of stress depend upon: the Individuals Appraisal of the event,

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person or situation. To some people, a job interview is a life or death crisis; to others it is an enjoyable challenge. So the reason for stress remains in your perception of incidents in your daily life. Some people like to take challenges in order to excel in their jobs and for getting promotion. Some others will be satisfied with what they are now and they won't be ready to take challenges.

Unnecessary Worries often lead to stress. For example, religious people are always worried about the sins they committed. They are afraid of the final judgment of God and will be lead a stressful life until their death. They must remember that even the Bible says " all the human beings are sinners and those who have regretted in their sins will be forgiven". They will avoid the fact that even one of the thieves crucified along with Jesus Christ, has got salvation. We must remember that each and every problem in the universe has at least one solution. In some cases there will be more than one solution. In a work place stress causes lot of problems. Our minds may be filled with too many worries about the difficulties in work place. In such situations an open conversation with a friend or beloved one regarding the work problems will help in getting rid of the stress. Whatever the things suppressed in the mind should be relieved by any means to reduce stress. The mind should be free from worries always.

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Conclusion

Stress management is the key factor of success for a person in his personal or professional life. Stress is highly subjective at times. The perception or appraisal of incidents may be different for different people. Identification of stress, Changing individual's appraisal of the events and avoiding the

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unnecessary worries are the main factors of stress management.

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References

1. Stress bad for exam performance, 2004, Retrieved on 16/1/09
2. Steve Burns MD, The Medical Basis of Stress, Depression, Anxiety and Drug Use!, Retrieved on 16/1/09