

Last part

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Furthermore, my social support for this personal plan was my best friend Aljawhra as she stood beside me all the time, supported me and encouraged me to move on. She always advises me to focus on the present and the future instead of thinking about the past and what had happened previously. Aljawhra agreed to be my social support and in times where I feel I am weak or need someone to talk to she offered that I call her so she can encourage me and make me feel better. In addition, my friend also promised to visit me twice a week so I do not feel lonely especially because my family does not live in the USA. Aljawhra also sign in the gym so we can go together instead of me going alone. Indeed, my friend pointed out that she will join me in the yoga and meditation session when she has a chance although she is a working woman. She asked me to come to her home and visit any time as I feel that I need to see someone when feel low and depressed. Aljawhra also mentioned that after every month we will create an overview of the improvements to keep me strong and a list of weak moments which we both would try to avoid in future. I am really surprised and grateful of Aljawhra's offer because it really means a lot to me to have my best friend supporting me through thick and thin and help me overcome my failure.

The course of stress management provided me a lot of information about stress and how to deal with it. I was really surprised me with the amount of methods one can practice on their own to reduce and control stress. In fact, this course was one of the most promising and persuading courses as it constituted of different activities we practiced and topics we discussed in class. This course also helped me to identify my own stressors and learn how to deal with them in a healthy and independent manner. I really enjoyed this course and do not regret taking it.

<https://assignbuster.com/last-part/>