

How to manage stress essay examples

[Health & Medicine](#), [Stress](#)



Stress is the response of the human body to tension, negative emotions or simply monotonous fuss. During stress, the human body produces the hormone adrenaline, which makes us look for a way out. Stress in small amounts is necessary for all, because it makes you think, to seek a way out of the problem, no stress at all, life would be boring. But on the other hand, if the stress becomes too much, the body weakens and loses strength and ability to solve problems

This issue is devoted to a huge number of scientific papers. The mechanisms of stress were studied in detail and are quite complicated: they are related to our hormonal, nervous, circulatory systems.

It should be noted that the strong stress affect health. Stress reduces immunity is the cause of many diseases. It is therefore necessary to be able to resist the stressful condition and ask yourself positive attitudes. There are many different methods how to manage stress, and I will describe those which are seem to be most effective.

There are no fixed rules and methods for the treatment of stress, and, in addition, some provocative moments you just can not avoid. For example, you may not be able to retire, even if the head cool treats you. But there are certain measures and actions that can be countered by at least certain stressful situations.

Psychological stress can be caused by changes in life, financial troubles and problems in relationships with family and friends. Stress can raise blood pressure, change the heart rate, and even lead to angina or chest pain associated with heart disease. I want to point out 12 basic methods to

manage stress. Here they are, below:

- Keep a diary. If you feel, that some problem bothering you, just try to write about it for 15 minutes every evening. This is a simple exercise which can raise the immune system and improve your overall.

- Listen to relaxing music. Find a silent place and listen to quiet and relaxing music that calms you. Scientists pointed out that listening to light music reduces anxiety. It can be classical or other kind of music, that should be calm, harmonious and have 60-70 bpm. You can also join the choir. It will be doubly useful, as well as singing, too, relieves stress and psychological stress.

- Be Creative. Engage drawing, modeling, embroidery, crocheting or knitting, in company or at home. It also reduces stress. According to a study conducted in 2006, in patients with cancer who are participating in the group sessions, meditation and art therapy, there was a significant fall in the level of stress and improved quality of life.

- Blow away the cobwebs. Suitable anything: walking or going to the shop, jogging, spent time with a friend. " Even short walk gives us mental, emotional and physical discharge, - said Ruth Carpenter, a consultant for the active way of life. - Many of the problems I decided on long walks. "

- Relax. Take a deep breath. " It is very simple - says Carpenter. - Deep breathing helps reduce the stress level and heart beats per minute. " Try to relax your muscles progressively: Start with your feet, tense muscles, and after that, relax. And then move along the body, straining every muscle group again and relaxing.

- Communicate. Time spent in a pleasant company or with a friend, will help

shake off the sadness and expand your horizons. Communication does not have to cost money. Instead of going to an expensive restaurant, organize a tea party. Those who have close friends, less prone to cardiovascular disease, says an expert on stress Redford Williams.

- Get a pet. It's a simple way to cheer us and improve our psychological state. The researches have shown that they also reduce the high stress due to the pressure. If you do not want excessive burdens associated with a pet, ask a neighbor to take a walk with the dog or have a volunteer at an animal haven.

- Take a deep breath. Relaxation techniques for example, meditation, needs only a quiet place and base of knowledge that you can glean from the Internet or in the library.

- Make a Spa at Home. Begin with a warm bath. (be very careful with hot water especially in case of problems with heart). Try relaxing bath products: scented oils, fragrant soaps and facial masks.

- Take a nap. Among the concerns of the day find a little time for a little siesta. A study of 23, 000 men and women in Greece, showed that those who slept during the day for half an hour at least two days a week, reduced the risk of dying from heart disease by 37 percent compared with those who despise afternoon rest.

- Take your time to others. Go shopping for an elderly neighbor, help make the lessons nephew, etc. Good deeds make us feel happier.

- Smile. Look comedian movie or spent the time with a funny book. Tell a friend anecdote. Do something to make yourself laughing. Laughter - the best medicine for stress.

Of course, each person chooses which of the methods to use it. Some help better, some worse. It all depends on the individual and the nature of a person.