

How ot manage stress

Business, Management



How to manage stress When it comes to how to manage stress, there are loads of methods to deal with this problem. Today, with the increasing number of people getting overwhelmed pressure on their study or job, more and more people are paying their attention to how to solve stress problem more effectively. In this essay, we are going to talk about how to manage people's stress physically and emotionally.

1. How to manage stress physically

Engaging with people's pressure in physical method means to do some regular physical exercise or sport in order to reduce stress, such as yoga, walking, gardening or any other physical exercise that people like. The purpose is to make people have time and space to release themselves into a peaceful relaxation. The following method will show that.

1.1 Regular Exercise

Doing some regular exercise such as Yoga, gardening, working, jogging or any other physical activities that people like after work or study are able to lower people's heart rates, blood pressure and oxygen consumption (Treven, Treven, Zizek, 2011).

In addition, it also will let your physical body into a state of peaceful relaxation.

1.2 A Deep Breath

This is the simplest method to deal with stress that people have. All people need to do is climbing a top of the mountain, then have a sit, try to get rid of all the trouble inside your mind.

2. How to manage stress emotionally

2.1 Release of Emotions

The reason why a plenty of people who are suffer from the overwhelmed pressure is that they always keep their stress inside mind instead of pouring it out. So at this point, people need to "letting off some steam" (Donvan, 1991), which means expressing emotion to others.

Communication with closed friends or colleague is a good way to heal issue of pressure, on the other hand, people are also able to chat with parents and family relatives, who are understand each other easily than anyone. Under this circumstance, people would put themselves into harmony surroundings, so the pressure will disappear immediately. 2. 2 Getting assistance from the social support Firstly, people could search help from the professional institution which focus on studying on stress. In this manner, people will find out their original issue of pressure as soon as possible, and then listen advises from the professional experts.

In addition, marriage is also a way to deal with manage, according to the survey from a double who all earn money, women with spouse will heal quicker from the daily stress than the woman who don't have one (Novotney, 2008 as cited in Treven, Treven, Zizek, 2011). 2. 3 Letting go Mostly, people will feel stressful because of the heavy workload, Andrew Weil, the natural health guru, said that "individual should get rid of what he can spare" (Wei, 1997 as cited in Treven, Treven, Zizek, 2011), which means people should throw away the unimportant things, people should make their life more simpler and easier instead of being complicated.

Conclusion In general, it is divided into two separated section about how to manage stress, physically and emotionally. Taking a deep breath at a high place and engaging some regular exercise belong to physically section. Releases emotions, getting help from professional and throw away the unimportant things belong to emotional section. People should select the proper technique for managing stress wisely according their own needs.