

Stress self- assessment and reflection on the stressors in your life (anticipated ...

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Stress Self-Assessment and Reflection on the Stressors in your Life

(anticipated & current). Identifying common sources of stress is the first strategy towards effective stress management. Since I submitted my last journal entry, I have grown more optimistic while observing common sources of stress in my life. Ideally, I intend to establish my common stressors and efficient stress management strategies. Although I have many stressors, I consider those that I encounter more often the critical. This journal entry describes Stressors in your Life (anticipated & current) and appropriate management practices.

My main source of stress is unbound expectations from my parents, siblings, tutors, and friends. Although these expectations compel me to improve my performance, they stress me often. I also have academic objectives that I have to fulfill during my tenure as a student. As time progresses, I have discovered that I have not fulfilled most of my academic goals. Moreover, my performances in various do not meet my expectations. The need to meet personal academic expectation and those of my guardians has made schooling increasingly stressing. Coupled with increased expectations from my tutors, schoolwork is becoming difficult day by day. Assignments are essential to my academic life, however, increased expectations from lecturers has made them intolerable. Apart from the academics, I am not contented in my current environment. Currently I live in a noisy neighborhood, which has contributed, to my levels of stress. Noise from moving vehicles and busy streets has made the neighborhood intolerable. In the current states of events, having sound sleep or concentrating is becoming extremely difficult. Moreover, been incapable of resolving the

issue stresses me most. Although I have bright expectations, I am frightened by the increasing rate of unemployment. Arguably, I am stressed by the rising rate of unemployment in the country.

The text “ Stress Management for Life” by Michael Olpin and Margie Hesson has endowed me with essential technique to deal with stressors.

Additionally, the book empowers readers to thrive in a state of personal wellness, through effective stress management strategies (Hesson, & 2013).

I prefer personalized approach to stressors, whereby each type of stress is addressed independently and according to its source. In my case, most stress occurs while I am alone in the house studying or undertaking personal chores. According to my latest assessment, my stress has surpassed level I and it is currently entering level II. Initially my stress was characterized by mild anxiety, however the feelings have upgraded into feelings of distress and incapacitation (Smither, & Richard, 2005).

I consider stress a destructive experience, since it lowers the performance of human intellect. Stress hinders logical thinking and decision-making. In particular, chronic stress interferes with an individual’s ability to make logical decisions. This might lead to indulgence in harmful habits such as excessive drinking and smoking. Coping with stressors has enabled me to survive my current environment. Preparing in advance or avoiding last minute rush has enabled me to deal with most stressors, particularly academic based stressors. I always observe punctuality while writing my assignments. I have also observed that avoiding mainstream norms helps me deal with life stressors (Bond, 2003). Avoiding mainstream norms involves having a personalized time schedule that avoids unnecessary rush. For instance,

waking up earlier than it is usual, helps me to avoid the morning traffic jam. Additionally, taking lunchtime meals earlier or later than usual helps me to avoid congestion in cafes. I intend to apply these newly discovered strategies while dealing with my stressors.

References

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