

Ways of coping with stress in everyday life psychology essay



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Stress is an ongoing problem that happens in everyone's life. Stress is a simple term used by many people, most of the time it is misunderstood or used to describe a condition of a person. It is a known factor that stresses plays are large part of everyone's daily living, many people learn to either manage stress or have been placed on some type of medication to help control it. In the world today, there are so many causes and effects of stress but only a few different ways to help manage and maintain a healthy life style.

Normal stress levels can energize and motivate us, directing our behavior in useful ways. However, in most modern lifestyles, the pressures on people are immense and most people find themselves having to find ways of coping with stressful situations in their everyday lives. The two major components of stress shown in the diagram above, suggest two ways to reduce stress: a biological approach or a psychological approach.

There are several types of stressor's and we all experience them at some point in our lives. The psychological component of stress can include many things like the following, which are very common. Worrying, racing thoughts, anticipation, fear, depression, anxiety, evaluation of self, and assessment of the importance of the event in our lives. The death of a loved one usually is considered a life change, but in my case, it was much more drastic than that. When my mother died my whole world, as I knew it came crashing down around me. She was my rock and now my rock was gone forcing me to look at my life and figure out what I was going to do with it.

Yes after her death I went through some hard times in my life where I had racing thoughts, anticipation, fear, depression, and I even went as far as to evaluate my self. Then it was like a dream something happened and it was as if I was looking at my own life from someone else's point of view and it really scared me. After a lot of tears, screaming and soul searching I heard my own mothers voice telling me to get a grip and prove to everyone I am not that spoiled child that they all thought of me as. She also reminded me of my life's dreams and goals and now looking back, I can honestly say her death was a major changing point in my life. I am now following my heart and dreams and looking out for me.

Society uses corporate training by non-psychologist to help treat some forms of stress management. Where some of these programs seem to be informational, they usually do not help us to make the life changes needed to reduce stress substantially. When experiencing any type of stress in your life, individuals need to seek medical treatment, and are either given medication to help to control their symptoms. The use of medication to control stress seems to be helpful and sometimes necessary when stress results in other health problems, but not always does not the medication eliminate the causes of stress, nor does it help you to manage the stress in your life more effectively.

As a way of relieving stress, psychologists may use different relaxation skill type training, cognitive therapy techniques and traditional psychotherapy that help to assist individuals in managing their stress more effectively.

Therefore by reducing their stress considerably, and using relaxation skills that they have been taught they will be able to monitor as well as control

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their physiological arousal level. Cognitive therapy techniques teaches use to look at what is causing the stress within their life and how to manage the outcome of stressful events better. Traditional psychotherapy will allow you to prioritize your life goals, and this will give you the chance to change what will be necessary to react to life stress more effectively.

When it comes to learning how to manage your stress, you may also need to learn how to communicate your needs to others. By doing this it will help you to manage and diffuse anger, as well as how to resolve interpersonal conflicts. There are a few different approaches that psychologist use, one being the comprehensive psychological approach to stress management results in significant life management changes and reduced stress symptoms, then there is the biological approach, which involves drugs for example. A psychological approach involves psychotherapy to change cognitive and emotional responses to situations.

When coping with stress, it can sometimes be difficult to know where to even begin. The main key to success is to keep a list of things that help you to cope with stress and that works for you. ã When dealing with your stress stop living in the past, express yourself in writings and art, listen objectively to feedback from others, do not let your pride get in the way, but offer your point of view in a calm manner. Always be honest about how you feel, but do not tread on other's feelings waiting/worrying about the future, live for today. Learn what is controllable in your life and what is not, if it's not controllable, shift your response, and stop reflecting on things that did not work out, let the past be the past, learn from your mistakes, don't let them control your life now then plan out the steps to solve the problem.

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Psychologists try to teach several different strategies that people use for coping with stress, and each type of coping strategy brings unique benefits. When you can employ a solution-based coping strategies, you are working towards identify areas of your life that you can change, set forth a plan this will also help you to bring about change. Appraisal-based coping strategies involves how we feel about the stressors we face throughout the day. When learning to cope with stress in your life ask yourself if what is causing the stress is really worth it, or is it something that you can learn to can accepted as part of life. Try to find the humor in any thing that is ridiculous and is a cause of a stressful situation.

Throughout my research coping with stress can be difficult to know, and even harder to know when something can be changed, or when it should be dealt with mentally. Looking back over thing that my grandmother use to always say made me think of this statement: “ God grant me the strength to change what I can, the patience to accept what I can’t change, and the wisdom to know the difference.” These words have been burned into my head and I have learned to live by the simple words and to change what I can change.

Stress can be managed by simple things, like taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun plus the resilience to hold up under pressure and meet challenges head on. The textbook states that stress management starts with identifying the sources of stress in your life.

We all know that not all stress can be avoided, and it is not healthy to avoid a situation that needs to be addressed. Learn how to say “no”, by knowing your own limits and stick to them, try to avoid people who stress you out, express your feelings instead of bottling them up and finally be more assertive this will help you to cope with stress in your own life.

In final when stress is getting you down, take a moment to reflect on all the things you appreciate in your life, including your own positive qualities and gifts. This simple strategy can help you keep things in perspective.