

Stress factors as well.
being a type a



**ASSIGN
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Stress is primarily a mental and physical response. When our body is stressed it switches to 'fight or flight' response; releasing chemical hormones such as adrenaline, norepinephrine, and cortisol to respond to the situation.

The challenges we face in our daily life go into a state of distress during inappropriate times, thus creating negative affect in our relationships and/or schoolwork. This semester has been a whirlwind of all sorts of stress from acute stress to chronic stress. Within the past eight weeks, I encountered major anxiety and pressure during my studies. This affected in loss of interest in studying effectively, not following my daily schedules, and going out more to feel the rush of happiness and excitement. This did not turn out well because (1) I wasted time and put off my studies and assignments to the very last minute, (2) it increased my test-taking anxiety and dwindled the score on the exams, and (3) becoming passive-aggressive toward people who are closest to me.

Although environmental factors can cause stress, it can result from internal factors as well. Being a Type A personality, one can be very competitive and self-critical of their goals. Personally, I have been critical of myself to which resulted in distressful moments. One primary moment when this occurred was when I took my second exam for chemistry. I studied hard and prepared in advance due to the level of difficulty of the materials. After taking the exam and seeing the score, my body immediately shut-off. I couldn't understand why I received a low score and I became too critical of myself.

When this happened, I eventually lost sight of taking proper steps to do better the next time. As I previously mentioned, instead of taking matters in the right direction, I went left and practiced negative reinforcements. Since I knew that I wasn't experiencing eustress through practicing better study habits, I turned to other things like shopping to feel good about myself. In order to combat and reduce my stress, I needed to practice positive habits to eliminate various stress-factors that are taking a toll on my mental and physical state. I realized that I can no longer avoid the things that stressed me out, so I managed my emotional response by developing realistic expectations.

I began to make a list of things that needed to be done for the day and planned ahead by prioritizing in chronological order. Each day I would focus on the list of goals that needed to be met. This helped me in the long-run because I was able to do one thing at a time instead of worrying about the future. Usually, when I am studying I would find a quiet space to avoid unnecessary interruptions.

Sometimes I find that I work better when I change the environment in which I am studying in. The atmosphere in coffee shops and the University Library were places that I frequently turned to besides studying at my dinner table. Over a period of time, I was able to adapt to the different changes in my daily schedule. I substituted negative incentives by studying at coffee shops to reward myself with a cup of coffee. Ultimately, I learned that I could find satisfaction by planning effectively and acting on it as well as studying in places that made me feel at my best.

Previously, when I did poorly on my exam I was shocked to find that I did much better the third round. It was then that I knew I just needed to figure out what was best for me, instead of ignoring the problems. Overall, I found myself to be less stressed than before, got enough sleep, maintained a stable relationship with my family, and met the goals I set for my classes as the semester neared.

Nutrition is “the sequence of functions by which the body breaks down foods and either absorbs or excretes them is the digestive process,” according to the literature definition. Nutritious food is essential to our body for maintaining a healthy weight and improving our well-being.

Water is of major importance to the human body; up to approximately 70% of the human body weight comes from water. The function of water in our body is used to metabolize proteins and carbohydrates found in food. Water is the primary building block of cells; it dissolves minerals, vitamins, and certain nutrients. During the past eight weeks, I found myself not eating as much as I should be eating.

Moreover, I developed a poor habit of conveniently eating fast food when I became lazy to cook at home. When I continued to exhibit this habit, it became an issue because (1) I wasted money on unhealthy food, (2) did not gain certain essential nutrients that my body may need, and (3) negatively affecting my mental health. As a college student, there is already enough pressure in doing well academically and being involved in extracurricular. It is critical to have a healthy diet as a student because lack of healthy nutrient intake can diminish our energy and focus, overall affecting academic performances which can lead to unwanted stress. As a science major, we

should be aware of how to take care of ourselves, especially for someone like me who wants to become a physician one day.

After reading the textbook required for this course, I became more aware of the essential nutrients that I was missing out on. I turned to my roommate to get some suggestions on simple, nutritious recipes to cook. It was so helpful to get her feedback because she is a vegetarian. As we all know breakfast is the most important meal of the day. When I get up in the mornings, I plan to have enough time to eat breakfast.

I started to condition myself to eat cereals, fruits, and other foods for breakfast to receive good source of fiber and carbohydrates. As for vitamins and minerals, I often cooked green vegetables with added peanuts and baked fish fillet. I don't really track my calorie-intake because I believe that when you take the time to evaluate the nutritional value of the food rather than focusing on calories, you will make more informed decisions about your diet. Ultimately, I try to balance food intake while acquiring essential nutrients. During the process of maintaining a healthy diet and avoiding fast food restaurants, I observed changes in my weight control. My weight didn't fluctuate too low or too high, instead it remained steady (in accordance to my age and height). Additionally, I saw positive changes in my mood.

This is true because according to studies out there, a high-quality diet is associated with better mental health and vice versa. Previously, when I talked about stress, not only did changing my habits for studying and improvising help reduce stress, the nutrient intakes from cooking healthy meals made a positive impact as well. In conclusion, throughout the semester,

I experienced positive outcomes once I practiced good habits. This is essential to living a healthy, happy lifestyle and wellness, hence the goal of this course.