

Short answer questions

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Short Answer Questions on Stress Management Discuss key strategies in coping with stress. Stress management involves identifying the stressors. After discovering the stressor, different people adopt different styles of dealing with the factor. The key strategies of handling stress are preventive, confrontative, avoidant, altering, assimilative, or accommodative. Most individuals first tend to try to alter the cause of stress, if it fails, some may chose, to adopt other strategies such as avoiding or adapting. Preventive is when one tries to avoid occurrences that may cause stress. However, the advisable way of dealing with stress is by confronting the factor behind it as well as using healthy ways such as exercise, involving oneself in activities, sharing with a friend, as well as any other activities that may help in dealing with stress factors beyond ones control (Thygerson & Thygerson, 2009).

2. Where in the stress continuum would you like to be?

Short-term stress or the ready zone. Individual in this zone remain organized, are equipped, at optimal functioning, and focused to deal with any form of stress. The zone is sometimes referred to as the green zone (United States Marine Corps, 2010).

3. How do you think one determines which effective coping strategies work best for them? Is it through trial and error, through examples from our parents, etc? How did you learn which strategies would work best for you?

One can determine the working strategy that works best for them by adopting several strategies as well as trying new ones from time to time to be able to recognize at least one factor that they can use for particular stressor. This is because coping strategies differ from one person to another, depend on the stressor, and keep changing with time. The coping preferences may lose their effectiveness with time.

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References

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United States Marine Corps. (2010). “ Combat and Operational Stress Control.” Web. Retrieved from <http://www.med.navy.mil/sites/nmcsd/nccosc/coscConference/Documents/COSC%20MRCP%20NTTP%20Doctrine.pdf>