

# Reaction on stress management seminar assignment



Stress Management Workshop spearheaded by the Third Year Psychology Majors and their adviser Prof. Amending B. Limp was successfully been carried out last March 03, 2013. The 4-hours activity from am-noon were offered to students like me who are taking up the subject Psychology as part of our Course. The objective of the said activity focuses on what's, where's, when's and wows of the main topic which is " STRESS" itself.

The workshop is about the nature and definition of stress; from where can we acquire It; the duration and when will It occur; and the possible Interventions ND coping activities that will enable us to manage it. These subtopics were presented to us. Before I went to the venue that day, I was preoccupied with the idea about how the activity would go. Lots of questions were formulated Inside my head as of that moment. I don't know exactly what to expect and what to look forward to.

But there are just few things I am sure of, the learning and the knowledge that I will be able to acquire after adds Interest In me. I am but a student who crave for knowledge and who search for information which will have a relevant impact into my life in the field of academe and also in my everyday living. Just the thought of positive and Informative activity In which I can get something out of It gives vigor and motivation for me to really attend and discover how beneficial it could be to me.

Since I have never been into such a Seminar Workshop involving Stress Management and Its related topics. I choose to attend willingly aside from the compliance of this requirement. Together with my Unmans co-participants we were welcomed with the comfortable ambiance of the

facilitating council with enthusiasm. I was amazed by the number of students willing to learn and sort out how such an activity will help us. I saw familiar faces but most of them were new to my eyes.

Having no idea about the process of the workshop puts a little tinge of nervousness that grappled me. However, that strange feeling wear off as the opening of the workshop started. They facilitate ice-breakers and games so as to make us feel comfortable on them, the facilitators. They were very friendly and accommodating making us participant at ease In their hands. We were divided Into groups composing 8-10 members. Each of the groups was isolated in a classroom and there the proper session was held.

Inside the classrooms we did series of unexpected activities. I like the way they conduct the whole session because it's not a spoon-feeding type of lecture but a two-way process wherein interaction is there. The facilitators let us discover and evaluate ourselves through asking us questions that aids our learning. These are my summation and learning drawn from the activity in which the questions and objectives presented has been answered. I learned that stress is considered as expected or unexpected constraining force, influence, conditions and the like.

These stimuli are stresses which trigger a response from an Individual and have relative effect from one person to the other. Stress is a two-faced event that is either negative or positive. They are characterized because of the nature of the cause whether it is from anxiety and motivate an individual resulting into a positive outcome. With the statements on the latter I can say

that stress doesn't only bring about negativisms into our very lives but it also motivate us and compel us to become productive.

If we don't recognized the stresses around us and felt stressed out, probably we will not be able to accomplish tasks which are handed before us. Without stress we will not be able to strive in order to attain or finish something. We get stress for some factors, external or internal factors. External factors are the environment, the people we get in touched with, the activities we are facing every day, the conditions we are into. Internal factors may be classified into the mind setting that we have and the reactions we initiate upon subjected into a stressful situations.

Sometimes it's not always that other people or things are the very reason why we are stressed at times we create our own stress. Stress is everywhere, from the very day that we are born to the very last breath that we take in life. Therefore, we cannot really predict when this stresses will omen to visit us. It is proper that we prepare ourselves anytime because during stressful situations our body reacts with it affecting the physical, emotional, cognitive and behavioral aspects of an individual that brings about change to the normal functioning.

All of these aspects are interconnected with each other. We cannot really eradicate totally stress but at least we do steps which will lessen our vulnerability to it and to avoid oneself be controlled by this stress. With these, in order to cope up with this and to get back on track is to gain control over one's life. We do things which ill lessen the baggage that we are

bringing through the following activities: diversionary activities, finding company to be with, sleep, eat, watching movies, self- isolation and others.

But for me the very useful way to manage stress is to identify it, reflect for positive mind-setting, plan acts that will compensate with it, do this acts for the betterment of one self and everything else will follow later on that will finally lead to stress managing and stress relief. I also learned that there are also techniques on how to manage stress by doing massage, nine-joint exercises, relaxation techniques like deep breathing and others. Human as we are, we are created differently from one another. A stress for one may not be a stress for the other.

An intervention or coping mechanism against stress by certain may consider by another as an additional stresses. Therefore, we must try to manage ourselves and recognize clearly our individual limits. The Stress Management Workshop, I may say, was a success. We learned a lot and at the same time we enjoyed the routines and sessions they conducted to us. Knowledge was acquired and rest assured this knowledge will be shared to others, be used in my daily living especially when I'm under a stressful situation.