

Health and wellness

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Health and Wellness Evaluation BY YOU YOUR SCHOOL INFO HERE HERE

Health and Wellness Evaluation The score I achieved on the evaluation was not very surprising at 193. The area that put me most at risk was a change in social habits as a result of reevaluating my lifestyle and the quality of friendships that had once dominated my social circle. To reduce stress, I have decided to keep several friendships at bay and search for more compatible acquaintances in a new social network. As far as correlation of the lists, the highest risk areas would be the most difficult to change. This is because in issues of death, divorce, imprisonment, or illness, there is very little a person can do to change these circumstances but to learn more effective coping methods. When a person has control over a situation, the stress impact is significantly less.

I believe I have control over many responses to stressors in my lifestyle. I can choose to be explosive and highly emotional or examine the situation as a mature individual with a practical lens. My emotional responses to stressors are generally very soft and the test revealed I am a cool responder who manages to cope well in the face of stressful situation. It is a rare occasion, and depends on the severity of the scenario, that I would have an explosive outburst or internalize strong emotional responses. I believe I am well-balanced when handling situations, especially when they are out of my span of control.

Basic breathing exercises can assist a person in calming down when getting ready to explode in the face of high stress scenarios. People do not want to listen to suggestions because they lack emotional intelligence and self-awareness and often allow their emotions to take over without looking at the situation rationally. Regulating emotional responses takes time and practice.

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When emotions are powerful, they want to get rid of these negative feelings so they choose to be inefficient and unhealthy by allowing their charged emotions to take over. It is a form of psychological release that is not healthy, but a product of immature self-regulation.