

Reflective essay on coping with stress



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Psychology can be defined as the study of behavior as well as mind, embracing all aspects of the entire human experience.

In other words, it is an applied science discipline that seeks to understand humans along with groups by ascertaining general principles as well as researching specific cases. On the other hand, psychological adjustment is the process of adapting to, coping with, as well as managing the emerging challenges of the daily life.

Adjusting to your life in terms of subjective well-being,

Subjective well-being is an individual's perceptions as well as self-adjustments of health and well-being (Webb & Wills, 2012). It entails a person's feeling of happiness and life satisfaction. With regard to my life, I can say that I am satisfied with my subjective well-being.

However, since I am a veteran, I think that the veteran's administration needs to be more attentive when it comes to veteran's healthcare for me to be extremely satisfied with this adjustment facet.

Context on its part is the historical, social, economic, and cultural factors as well as settings that influence our lives. I am able to adjust to different contexts effectively and for that case; everything I think, say, and do is often colored by where I come from, whom I am with, and what is happening at the moment. Besides, diversity entails different cultures and ethnic settings. On this part, I am culturally competent, and therefore I can adjust well in diverse settings.

Balancing Priorities

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Balancing my priorities, specifically with home, work, school, recreation, and / or family has to be an ongoing plan.

I am a student and at the same time, set aside time for working in order to pay my bills. I also need enough time for my family alongside recreation. All this might not be possible, with the limited resources in our disposal. To that effect, I have an effective work-life balance that adequately enables me to follow my daily schedule according to plan.

In this case, I ensure that I give attention to my most pressing needs and demands at home, work, school, and even recreation. Of course I give more attention to work and school since these priorities are so fundamental to my prospective economic stability. However, each day I must devote my free time to my family and for recreation activities in order to keep fit.

Developing Identity

I develop my identity by raising my self-esteem along with establishing a unique self-concept that enables me to stand out in different ethnic platforms. In review, self-esteem is a judgment of oneself as well as an attitude towards the self, whereby; it reflects an individual's subjective emotional evaluation of his/her own worth (Fennell, 2009). I have been able to develop my self-esteem effectively through constant practice.

In addition, self-concept is the sense of being distinct and separate from others as well as the persistency of the self. Here, I have fully developed myself concept by having my own unique way of doing things. I always come out with thought provoking ideas that are based on my own analysis and

perception of life, something that helps me develop my self-concept.

Ethnicity is often rooted in cultural heritage, race, nationality, language, and religion. I often adjust to different ethnic groups by being culturally competent.

Coping with Stress

Stress is a reaction to a stimulus that distracts an individual's physical or mental equilibrium (Tummers, 2013). I often cope with stress by engaging in relaxing activities, or practicing calming techniques, that help to manage my stress and improve my overall coping.

Besides, among my coping strategies include; being proactive, following my interests, and seeking out peer support from others that I am loved and cared for, esteemed and valued (Taylor, 2003). Improving my social skills, asking for help, and always learning from mistakes.

When it's all said and done, I do believe that I have a more optimistic outlook on life to a point, but not over exaggerated.

References

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