

Eight ways to reduce stress assignment



Easy Steps to Reduce Stress in a Speedy World No one can live without experiencing some extent of stress all the time. Regardless of whom you are, where you live or what you are doing, you'll go through stress – that is just a fact of life. It isn't going away. We need to learn to live with it – and get the upper hand. Or it will take its toll on our health. We all distinguish things in a different way; some people are more pessimistic while others see the positive light to things. Why do some of us flourish on stress and some of us collapse? It's in our perspective about stress.

Instead of fearing or fighting problems, we do better when we choose to rise to the challenges. Being an optimist helps you function at your highest point as it compromises your 'fight or flight response' and gives you additional physical and emotional resources when you or someone you care about is in trouble. Although this varies from person to person, negative stress is simply stress that we recognize as 'bad'. When it begins to affect our health and mental outlook, stress becomes bad and over time it leads to strokes, fatigue, hair loss, immune disorders, heart problems, and more.

Today, in our frantic society, negative stress is epidemic. " I remember the months after I finished university and started a new job in a fast food restaurant. " says Melissa Lee, a recent graduate. " It was not the job I wanted to begin with but had applied to the areas I did want and not succeeded in getting a job. The pressure of no money got the better of me. But once I started the job, I was in dire need of stress relief! " she asserts. " Before entering the building each day I had to boost myself up. My job was to scrub the dirty toilet floors and assist at the tills now and then.

My boss wasn't the kindest man in the world so I had a lot of tension on my shoulders. " Studies shown that stress resilience is a life skill we can learn over time, not one we know at birth. Certain individuals have many mindsets that endure stress which help them cope and thrive. Fortunately there are a number of ways to prepare the body for stress. Here are a few ideas to get you started: 1. Acknowledge change. Change is inevitable, there is no skipping around it; it begins at the point where we are born and continues as we progress in life. The world is ever-changing so as long as we accept the fact that amendments are a way of life, then the anxiety can be reduced. You will begin to feel empowered and cope better knowing that nothing stays the same forever. 2. Sustain strong relationships. Women especially know that social support during stressful times is the key and tend to seek emotional help. It doesn't take an expert to show us that going out; ' venting' or phoning a close friend will make us feel better during times of stress.

Bottling up our emotions will only make things progressively worse – so knowing that how we feel is okay and that we can survive a certain situation will help us come to terms with our challenges. 3. Temporary goals. Believe it or not, there is such a thing as good stress! Even though we say we hate it, a certain amount is needed to motivate us to wake up in the morning, finish deadlines, and go to school or work, and more. Without an objective to follow, we will roam aimlessly and waste valuable time. Allowing ourselves to set small goals on a daily, weekly or monthly basis can help us feel more alert and less stressed. 4.

Long-term goals. Do any of us know what we would have liked to accomplished within five or ten years? Majority of us only have a mission to compete a plan in one day, one week or one month at most. For a lot of us, we're lucky to know what we're doing the following week! Nevertheless, it is crucial to know what your purpose is – whether it is being financially independent, dedicated to a religion, climbing up the career ladder or having a family. When we know what our long term idea is, we can set up short-term goals that point us towards the larger goal, thus having long term goals can protect us from day-to-day stresses. . Let it go. When beginning life as children, we tend to feel as though the planet revolves around us. This is a common mistake because sometime around our early adulthood (or perhaps later for a few of us) we get disillusionment; which is that we are part of something so much bigger that we can't control. Here kicks in the anxiety! We often try to fight this feeling because we want to be in charge, but in reality, we can only control ourselves. Things begin to feel easier once you understand this meaning; life will come into sight less like a struggle and you'll stop controlling those around you and situations. . Hopeful prospects. There is an infamous phrase that goes by “ Every cloud has a silver lining”. To those who suffer from sadness, anger or depression, this can seem ridiculous. Instead of being downbeat, find the optimism or ‘ silver lining’ in a situation; although at first you perhaps may not feel tolerable to the circumstances but if you challenge your thoughts to, “ If there's a silver lining to losing my job, it's that I'll now be able to go to school full-time and finish my degree earlier. ” as an example. If ever something awful occurs, try to find the positive side and your attitude will follow suit. . Its okay to say no. People and students especially take on more than they can handle.

Becoming overwhelmed when finishing an already late assignment can diminish your power and effectiveness; so focusing your energy is the key because once you become angry, resentful or impatient then it will show upon your work. Tyson Gettel, a college student says “ If the work can’t be done in class, it’s just really annoying working out of class with other group members because if you are in university, everyone has really crazy schedules.

People tend to rely on others to do most of the work instead of doing it themselves so it was always a battle against time when finishing work, this caused much difficulty for me at school. ” 8. Working out. Exercise can decrease ‘ stress hormones’ and increase endorphins, your body’s ‘ feel-good’ chemicals, giving your mood a natural boost. Evidence shows that stress damages your health and it can weaken your immune system, increase your risk of heart trouble, raise your blood sugars and cholesterol, cause weight and skin problems.

The list goes on. So, try to perceive exercise as an enjoyable activity! We need to stretch our muscles, breathe fresh air, get our hearts pumping, and take a break from our errands. Also, keep it varied and choose an activity that’s separate from the work you do all day long. So many people get bored doing the same activities day in and day out, so don’t be afraid to mix it up. Taking a yoga class once a week, going for a walk or hitting the gym with a friend are all techniques on how you can contribute to busting your stress.

If you would like to give yourself some time on your own, but have young children, then find out if it’s possible to leave them at daycare. Exercise may

give some resistance toward future stress as well as a way to cope with current stress amongst all the other benefits. If that's not a great reason to get more active, I don't know what is! The utmost important part of stress relief is to determine what works for you. Truth be told, methods that apply to one person may not apply to another. An elderly person may find immense relief in taking a vigorous walk around the park whereas a teenager will put on her headset to listen to music. These are all suitable ways to relieve stress; however, stress relief is about discovering what works, what boosts your mood, relaxes the headaches and relieves the tension to lead a healthy life and mental, emotional and physical well-being. What is your reason for this story? Why did you choose this topic? I chose to write about the easy steps of relieving oneself of stress because I can relate to it greatly and I use writing as my own personal stress relief so this came like a breeze to me.

I based my information on common knowledge and what I felt would work for myself and others. Who are your target audience? What makes you think that this story will interest your target audience? In my opinion, my target audience reaches a mass variety. Seeing as anyone can experience stress at any time of their lives, hopefully they will find some assistance in my feature writing. Who I aim to read my article can fluctuate between young adults, parents, white collar workers, senior managers, executives, pensioners, etc.

I believe that this story will interest my target audience because this article on stress control has some great tips as to how to maintain a healthy well-being and that getting organized and staying on top of projects and situations is not only a great tip for managing stress but for your everyday

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life! Stress exists all around us each and every day. We all just need to learn how to manage that tension better, but not many people know how to fix that problem so they will be attracted to the fact that the article comes in easy to follow steps.

Furthermore, I wrote on behalf of those of those who are not earning any income and the working class society. I tried to avoid the situation where I would make a suggestion as to how my target audience can afford to take a vacation without incurring any additional financial stress. So, it is helpful in the way if you're looking for ways to manage the stress, where the methods are practical to the readers' lifestyle and does not include any financial investments.