

# Good essay about stress management

[Business](#), [Management](#)



## **Stress management**

General purpose: Most young have lost their dear lives due to their incapacity to handle stress, as a result, of many things that take place in their life today (Humphrey, 2012).

- Modern life is associated with hassles, frustrations, deadlines and it demands so much from individuals. As a result, most people end up being stressed up which latter develops to depression and in most cases, such people lose their mind and become insane or they end up losing their lives.
- Modern life hassles have denied the body an opportunity to relax and go back to its normal functioning, as a result, of the daily demands putting a lot of pressure on their lives. Stress management is one of the most important things that young people should learn to be in control of their lives.

## **Specific objectives: to discuss various ways of stress management**

Thesis: stress management is important among the youths to be in control of their lives

Preview:

Today, stress management shall be discussed, and the various ways through which young people can manage their daily stress will be analyzed.

Identifying the various things that cause stress in our lives is one of most crucial and fundamental thing towards stress reduction is.

- The process of identifying the source of stress is quite demanding, because the various things that cause stress in the lives of young people are not obvious (Aldwin, 2007).
- Therefore, young people are required not to overlook anything that could

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the cause of stress in their lives even the simple thoughts that provoke stress, obvious behaviors as well as feelings.

- It is important for the young people to consider their attitudes, habits, as well as, their excuses; that examine your inner environment and their conscience to identify the real causes of stress in your life.

ii) Young people should evaluate whether the stress in your life is, as a result, factors that outside your control, or are, as a result, of other people.

- If young people learn some of the techniques of managing stress in their lives, the problem of young people losing their sanity, as well as their lives shall be solved.

- It is important that young people learn stress management techniques; for instance

i) Accepting thing in life you cannot change

Before young people identify the real cause of stress in in their lives, they encounter various things in their lives that are very hard to change at any cost. Some of the stressors could be the death of a loved one. In order for the young people to manage the stress that come from such situations, it is good that they to learn how to accept the situation and move on with life.

Fixation to circumstance that is unchangeable become detrimental to the health and lives of young people.

ii) Make time to have fun

It is important for young people to create time for having fun with their colleagues either in school or at home. Time for fun helps them share their life experience and learn how to handle different situations (Greenberg, 2009). Time for fun helps in stress reduction that is an important thing in the

lives of the youths.

iii) Adopting healthy lifestyle

Young people should make sure they engage in healthy lifestyles by regularly exercising. Young people should also avoid drinking and smoking. Young people should also eat balanced diet to remain strong.

- The consequences of failing to exercise stress management strategies will result to increased cases of insanity and loss of live among the youths.

### **Conclusion:**

- i ) It is discouraging to see young people losing their lives over issues that could be managed if only young people are educated.
- ii) If young people were taught how to manage stress many lives would have been saved
- iii) Stress reduction is necessary to save the life of young people.

### **References**

- Humphrey J. H. (2012) Stress Education for College Students
- Aldwin, C. M. (2007) Stress, Coping, and Development: An Intergrative Perspective
- Greenberg, J. S. (2009) Comprehensive Stress Management