

Stress test

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Stress test

According to the result of the stress test I have just conducted, it is apparent that my work is slightly distressed than my home activities while my social life is highly stressed. The result of the test shows that my home distress is at 56 percent while my work is at 63 percent with social life coming least at 26 percent. Therefore, according to the results of this stress test, my social life is poor; hence, there are needs to change or improve on it. In other words, there are many activities that I often engage with that interferes with my social wellbeing.

There are numerous signs of stress ranging from cognitive, emotional, physical, to behavioral. Physical stress usually leads me to aches and pains to different parts of the body including chest as well as dizziness and rapid heartbeats (Olpin and Hesson, 2013). The behavioral stress usually leads to me to behaviors changes including eating habits, duration of sleep and procrastination or and neglect of responsibilities. On the other hand, cognitive stress may lead me to memory problems, anxiety, poor judgment, and being negative while emotional stress usually leads me to change in mood, short or irritable temper depressed, and feeling overwhelmed. My personal way of controlling or handling stress is to hang out with friends and stop thinking of scenarios that have led to such stress. Nonetheless, I usually ensure that if they are generated by mistakes and problems; the same must be worked on to a solution to avoid repeat of the same (Olpin and Hesson, 2013).

This activity is good in determining the what areas in life that contribute much my stress; however, the validity and accuracy in its application remain a challenge.

<https://assignbuster.com/stress-test/>

Reference

Olpin, M., & Hesson, M. (2013). Stress management for life: A research-based, experiential approach. Belmont, CA: Wadsworth, Cengage Learning.