

Resiliency techniques to manage stress



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ESSAY TITLE: Discuss a number of resiliency techniques an individual may practice in order to manage stress effectively

Stress is a cause when a person gets the feeling of pressure or there is a lot of pressure around that person's environment so that it can't leave the mind in peace. Stress can be good but also can be bad. Good stress is when is less and for example less stress can sometimes help athletes or handle your work. On the other hand bad stress isn't so beneficial and that is because when is a higher than it should be in result it can be uncontrolled and can cause serious problem to a human health and can influence the people around a persons environment. In addition bad stress comes to a person because of high pressure and over think which is a threat for those people.

For combating stress, there are many ways for doing that. Many people chose the wrong way which this depends on how strong is someone mentally. For those who chose to follow the wrong way of fighting stress they usually end up smoking, or sleep to much, drinking, use drugs. Those ways can be helpful for a while but time to time while doing those bad habits a person starts acquires more problems and may led to dangerous and serious problems for health. Therefore those who chose to get over stress doing it the right way is those who will for example will visit a specialized doctor or visit a medical room, or get help by communicating with the relatives to have more healthy environment and generally aim to do helpful ways that will benefit someone's life from present to future. Also there is going to be itemized some positive ways for someone can chose to fight stress.

As referred above, one way that stress could be managed is to visit a doctor or a psychiatrist. To a specialized doctor you can talk about life issues talk about feelings and other concerns except stress and many solutions will come across be able to do many therapies and use medicine to effectively combat stress.

In addition in medical rooms many people attend in this program, is a very helpful way because they have to share the same problems and discuss about them which makes others that have the same issue feel self confidence and find solutions so that they can be able to learn how to solve their own concerns.

Further more they are many physical helpful ways to help you positively. Do what you like and makes you happy such as listening to music or going out for a walk, read a book that interests you, hang out with a friend and chat, those are many ways which are simple ways that can help enough and effectively. Emotions must be shared with people and don't let the feelings inside because when someone is stressed about something and do not discuss the issue that person may be burst and cause mismanage stress and create bad outcomes to their selfs and to the people around their environment. Listening to music helps to relax brain muscles and in that way you get to relax brain and body the same time. In that way you get a clear mind to think more logical, also fresh air out in the nature is the most helpful and healthy way. Another important factor who is playing a big role to stress. Self communicate is very essential, trying to understand ourselves what is the problem and try to see the positive side of that situation and ask ourselves if it's worth it to behave like this. Usually when someone is having <https://assignbuster.com/resiliency-techniques-to-manage-stress/>

a role model and try to look like that , ends up being a perfectionists and that doesn't help at all, for that reason relaxing is very important and seeing things from the bright and not think negative and learn to accept many things which is a sign that shows when a person moves on. Also a very great strategy to impugn stress is athletics. Athletics may someone start thinking positively and make them feel special about the talent is being practising in the field of athletics. For example you can participate in a soccer team, start swimming, going to gym, rhythmic gymnastics or another sport that you think you're into and you can proceed.

Going to gym also can help you put a target to succeed for example when you want to lose some weight or make muscles which as a result you'll start to feel more comfortable with your self and you'll get over the phase of stress at one point. To start any other sport or gym not only you will have to forget but also make you more socialized and meet new people and that is a plus for overcoming stress. Meeting new people it helps you forget old situations make new friends whom in a while they will be helping getting over stress and help where else needed. Meditation is the most effectively way to get over a persons stress. With meditation(yoga) you get to concentrate to something else and human brain during the meditation forgets anything else. Yoga is used for body relaxation and brain to. During yoga you perform some special exercises you can easily manage stress and that is proven through research that has been done. Therefore betterment physical condition that can also make you feel more more healthy and comfortable with your bod

Meditation is a method that you someone could help its self effectively to fight stress. With meditation (yoga) a humans brain gets concentrated to something else and something good and forgets any concerns, problems. Yoga is method that is inspired for its relaxation of mind and body that is resulted. With special exercises that you learn during the yoga is performed and you can easily manage stress and that is proven through research that have been made. Also with yoga you improve body appearance improvement that can also make you feel more comfortable about your self.

Start putting limits for example to say ' no' where its needed, one of the many ways to avoid stress. During professional or personal conversation for example learn to say ' no' where is needed. Saying ' no' also means if someone around your environment is causing you stress you should say no to your self and try to fend of that person or maybe consider do not pay so much attention to that person. Another example is television, if you already aware of watching the news on television and that could cause you stress or another bad feeling related to stress just refuse to get into that inconvenience and watch something more pleasant or do something else that could result body relaxation and joyful feelings. One main way to fight stress is to realize that you are suffering from stress as you must realize any other diseases including emotional to. Each persons psychology has a very important role for fighting illnesses. For example you are in the road and there is traffic jam, when you take that fact negatively you'll stress out especially when you have to go somewhere and as a result you get mad than instead try to relax but listening to music, and just wait for the traffic to stop.

You have to see negative things from their bright side, enjoy the ride. Also you must have some standards and be aware of what are you doing.

As i said bellow most of all has a very important role psychology so with laughter and with being organised with whatever you do that can help you with stress. When you are pleasant and laugh you can avoid stress easily because a humans body can get then positive things and doesn't let stress to penetrate. With being organized at work, in your personal life and generally with whatever involves in your life is a good step to avoid stress or when you got stress you and try to be organized is a plus for someone's heart because there the first step of overcoming stress. As you see everything in your life on the negative side or at home when for example the fact that your house is in a mess and make you feel the feeling that you have some obligations and automatically leads you again to stress. But when you have all things organized in life you are in a place that is everything in a line and you get relaxed about everything, you know what to do, you know what is your next step and you can obviate bad feelings. Before someone comes to that difficult stage of having so much stress, a person passes through some phases. Initially your body feels something like physical disruption for instance the feeling when somebody feels right before doing exams.

Thereafter whatever is in the body comes to the rescue by flooding the bloodstream with adrenalin and the individual will have the choice ' fight or flight that means that the body has to choose to fight or not. This is an important sector why a person should know what is going on that moment and that would be easier to get over. To sum up I would like to emphasize how important is stress for each person and how much important can be to a

mental health and also to physical health. There were mentioned many ways that someone could follow to fight stress. When you do something that makes you happy your soul is so calm. As was said before psychology has a big part and all of human beings must do things to make their lives more relaxed and joyful. You mustn't let things like bills, taxes, death, or something else that you already know that those things exist to your life or they are upcoming and not only to your life but to every person's life because no one then could be calm. The life is too short and everybody we knows what is the important and what is not important. If you understand this then you can live more comfortable and without anxious. As a famous Italian preacher Francis of Assisi said ' Lord grant me the serenity to accept the things i can not change the things i can and the wisdom to know the difference (Francis of Assisi old catholic church Italian) (1181-1228) with this we can understand all the things that are mentioned above when you get to accept things as they are and have the wisdom to live the present and not the past you can have a life without that anxiety and that much of pressure and stress and can lead you to a good life.

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