

# Cpd 131

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How effective was the technique in reducing your stress In doing this little experiment I learned a great deal about myself and thinking that I would just resort back to old habits and not learn anything from this technique I was definitely wrong and those around me undeniably quite shocked as to my behavior.

You must get in-touch with you, it is more of a self-awareness because that is who we are ultimately responsible for ourselves and our own actions. What I did was when I found myself getting upset, I would remove myself from the room or situation in a manner that was non-abrasive or threaten to anyone or anything, I did not go slamming a door when I left or look over my shoulder and state Ill be right back, with the look added in for good measure. I just left the area or hung up the phone after saying what it was I was doing and politely said good bye and I gave myself a timeout of sorts. If I got really angry I would smell lavender which is known to be a calming aroma that is known to calm those who are upset.

Time needed during each session and frequency of session this depended on the anger, and how mad I was. Sometimes it can only take 10 minutes, and other times it may take longer. Equipment and space needed: Candles, good walking shoes, lavender, and maybe an mp3 player to play some classical music. Whatever one needs to bring them to a happy place, and calm down.

We all face the pressures and stress of life everyday. The job, the family, other individuals, emergencies, even “ things” drive us crazy or “ push our buttons” at times. We try to rationalize and keep our cool, but most of the time it is just a cover up and short term solutions to the problems. Reacting

is important but how you react can determine how well you handle difficult situations. Physical symptoms I personally experienced were: headaches (specifically tension headaches), nausea, dizziness, sleep difficulties, tight neck and shoulders, racing heart, trembling hands, and restlessness. Behavioral symptoms I felt were: a definite excess in smoking, bossiness towards others, compulsive gum chewing, I became critical of others, grinding of my teeth so hard that I am forced to wear a mouthpiece at night, and an inability to finish what I start.

Some of the emotional symptoms included: crying, anxiety, nervousness, boredom, edginess, overwhelming sense of pressure, overwhelming anger, being unhappy for no reason, and very testy. Cognitive symptoms that I felt were: trouble thinking clearly, forgetfulness, writers block, long-term memory loss, inability to make decisions, and constant excessive worry. Spiritual aspects of stress that I felt: doubt, unforgiving, apathy, and a strong feeling for the need of acceptance.

I am completely committed to working on my own anger management and will continue to do so.