

Living a stress-free
lifestyle.



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Stress and Myself: Living a Stress Free Life Abstract: Based on chapter 12, how can you better reduce stress and live a healthier stress-free life? What specific things do you need to stop doing? Why? What specific things do you need to start doing? Why? Be sure to be specific and detailed. Stress and Myself: Living a Stress Free Life Stress can have a very negative impact on a very positive life. Stress has many forms and many different ways of hitting one's life hard. Luckily, there are steps to leading a healthy, stress free life.

Some steps include exercising regularly, adopting hobbies, stopping smoking, reducing caffeine intake, eating healthy, getting enough rest, learning relaxation techniques, avoiding drugs and alcohol, and many more. Exercising is a very important factor in reducing stress. Trying to focus on relaxing activities is key to getting blood moving and can help keep your heart and lungs healthy. Trying non-competitive sports can help keep ones blood pressure down and their happy drug (endorphins) up.

Some sports and activities that one could try can include: yoga, walking a dog, jogging, roller blading, swimming, rock-climbing, and other mellow activities. Exercise can keep stress away and ease current stressors.

Adopting a hobby can balance your lifestyle and give you something to look forward to. Hobbies can be anything that makes you happy. Remembering happiness is very important for keeping stress at bay. Whether it is auto mechanics, pottery, or guitar, your hobby should conform to what you enjoy. Hobbies are strictly pleasure.

Trying to live your life outside of work is important; you work your job in order to enjoy your lifestyle outside of work. They're so many positive

thoughts towards hobbies that anything is possible, trying classes at your local college, or working a job that is pleasurable can make an imminent effect on your life. If you smoke, you may know the laid back feeling of a cigarette, but the nicotine in cigarettes is far but calm, it actually activates a stress reactor in our bodies to go off, sending mixed signals to our brains and causing us more stress.

Not only does the nicotine itself cause stress but so does the potential illnesses that one may get from smoking, such as cancers and high blood pressure. If you're a smoker, quitting can be a wonderful step you can take to reduce the amount of stress in your life; talk to a doctor, nurse, or physician about quitting. Caffeine is known as a study drug, a cup in the morning can actually help your body kick into study mode but too much caffeine for anyone, can actually make a person permanently stressed. Caffeine activates stress reactors in our bodies that can take small stressors in our lives and turns them into nightmares.

Cutting back on coffee can help your teeth as well as it can help you move towards a stress free lifestyle. Eating healthy, in my opinion may be the single most important thing in living a stress free life. When you eat things that are bad for you, that food turns into waste, waste is converted into weight, and those who are overweight have more health issues than those who are healthy. Not only does eating right help weight loss, but eating healthy fresh cuisines can aid in nutrients and may contain ingredients that can help us feel good about ourselves.

Remembering to eat healthy and regularly gives off energy throughout the day. Every person has different sleep needs, making sure you factor in the amount of sleep you need can be beneficial to living in a stress free atmosphere. Sleep helps the body rehabilitate so that we don't easily contract colds or illnesses. Sleep is a very important need for the human body and without it, or a lack of it, can make small problems look like mountains to overcome. Not only that, but without sleep you are more vulnerable to anxiety, a common trigger of stress. Setting up a regular sleep schedule can help you with your stress.

Finding relaxation techniques can help with overcoming stress as well. These techniques can be anything from breathing in and out with your belly, small hand movements, wiggling your toes, or even slow breathing. Any little technique that you can use in times of stress to keep your mind off things can be very beneficial. Relaxing can be a very important factor for managing stress, and it also feels good. Drugs and alcohol are very big stressors for people. Most people stress when they wake up with a hangover, or when they're going through withdrawals from not using drugs.

If you're using prescribed drugs, make sure you take the proper amount; try avoiding over the counter substances and stay well away from illegal substances. It can improve your stress by a landslide. Drugs can be replaced with natural highs, like snowboarding, or painting, whatever makes you happy can give you that mountaintop feeling. Talking to a doctor before quitting can be advised when quitting drugs and alcohol. Work is a very common stressor in the modern 21st century. More and more people fall into depression and stress related casualties now, more than in past years.

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Work Definitely takes a toll on my life, currently I work six days a week and sometimes even more bills pile up and the amount of things I want mock me. Following work are the everyday nuisances that never fail to occur such as car troubles, family issues, negative relationships, a lack of sleep, and my house accumulating dust. Some of these stressors are inevitable but many things I can change to make my life more stress free. Things such as: changing my work environment, choosing beneficial relationships and weaning off of those that are negative, finding time for myself, and investing in hobbies.

Everyone has baskets full of stress and worries but it's how you manage them that makes all the difference. I once heard that choosing between optimism and pessimism can change your life. Take for instance a man who chooses to be pessimistic, say he lost his job, instead of pursuing another he sits and weeps. This pessimistic man falls into depression and soon after, he is like a lifeless soul who just sits and becomes an unproductive member of society. Now, here's another man, who has just as much stress upon his shoulders, but has an optimistic attitude toward it.

This man also lost his job but instead of wallowing in self-pity, he takes action, he quickly applies for other jobs; He ended up with a job he enjoys more and that better fits his wants and needs than his original job. Attitude is key and it can affect your life in dramatic ways, like these men with jobless situations. So next time when I feel like the dump truck of awful sorrows just landed upon my head, I'll be sure to think positively. I think negativity is the number one factor I should change, so I may live a stress free life. I tend to take things very personally, whether they should be or not.

I react badly in stressful situations, instead of pressing forward; I curl up in my turtle shell. Reactions can have a lot to do with stress. There are two types of people, the ones that take in a deep sigh when the dart stabs them in the back and seek a physician's help, and then there are those people who run aimlessly screaming, and rip the dart out before seeing a doctor. I see myself as the aimless, screaming person, no thought for the future and live in the stressful now. Sometimes it's hard to consider what I need, when all I really need to be stress free and to simply breathe and think.

After all, if you were given the key to success would you take it or let it drown in thoughts of the not yet, the not quite, or the not at all? I feel as if I was just given a major key to a stress free lifestyle, yet I find it so hard to make changes, simply because of my extremely stubborn attitude. Stress is in every person's life, how you manage it can make a dramatic change from the normal stress related outcomes that you usually see. Try some of these techniques and see what good they can do for you. Life is too short to worry about stress. Don't let those little stresses get the best of you, take these tips into consideration.