

HUMAN VALUES AND STRESS MANAGEMENT

ASSIGNMENT 1

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From the mentioned video, this is what I understood about stress.

Stress is everywhere, we can't avoid it. It is the amount of stress that matters. A limited amount of stress is always up to no bad, as it helps us in moving forward and avoid procrastination. But if the same stress is too high, it ultimately results in mental and physical issues. Basically, stress is anything that is considered to knock us out of the homeostatic balance. This stress is something that is given to us right from our ancient ancestors. As only those who struggle will survive, and our ancestors are those who struggled and survived, it concludes that they too have undergone some sort of stress or the other. In order to stay out of these issues, we need to try to minimize stress as much as possible to lead a healthy life.