

Learner Assignment Submission Format

Learner Details

- **Name:**H O Akash
 - **Enrollment Number:**SU625MR015
 - **Batch / Class:**MERN Stack
 - **Assignment:**SoftSkill
 - **Date of Submission:**12/08/2025
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Problem Solving Activity 1.1

1. Problem Statement

1. Write down a real-life scenario that created stress for you.
2. How did you respond then?
3. How will you respond now?

#Real-Life Scenario:

I recall a situation where I had to meet a tight project deadline at work. As the deadline approached, I felt overwhelmed by the workload, and my stress levels increased. I was worried about not meeting the deadline, which would impact the entire project and my performance.

#How I Responded Then:

Initially, I responded to the stress by working long hours, sacrificing my breaks, and trying to do everything myself. I felt anxious and frustrated, which affected my focus and productivity. I also had trouble sleeping, which further exacerbated the stress.

#How I Will Respond Now:

If faced with a similar situation now, I would respond differently. Here's what I would do:

- 1. Prioritize tasks:** I would prioritize the tasks based on their urgency and importance, focusing on the most critical components first.
- 2. Take breaks:** I would take regular breaks to recharge and reduce stress, using techniques like deep breathing, meditation, or a short walk.
- 3. Seek support:** If needed, I would seek support from friends or mentors to help manage the workload or provide guidance.

