

Assignment

Learner Details

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 - **Enrollment Number:** SU625MR004
 - **Batch / Class:** June 2025 MERN
 - **Assignment:** Stress management
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Brief on Stress Management Technique:

Stress management is all about finding ways to stay calm and handle pressure without losing focus. It can be done through simple methods like taking deep breaths, talking things out calmly, managing time better, or even just taking a short break to clear the mind. The idea is to control the situation instead of letting the situation control us.

Real-life scenario that created stress for me:

During my MCA, we had a discussion in class about how to arrange the farewell program for our seniors. What started as a normal discussion slowly turned into a heated argument, and the atmosphere became tense. A lot of people started putting pressure on me to take sides or make decisions, and that created a lot of stress for me.

How I responded then:

Back then, I reacted defensively. I ended up saying things that only added more fuel to the argument, which made the situation even more chaotic.

How I will respond now:

Now, I would handle it differently. I would first listen to everyone, take a moment to understand the situation, and then respond in a calm and balanced way. Over time, I have learned to stay composed and focus on solving the problem instead of reacting emotionally.