

Q1 Explain a stressful event and how you dealt with it.

In my previous job, there was a difficult person in our team that seemed to get very agitated when things did not go her way and when she was faced with other opinions. She was a lot of the time stressed because we all worked in a team and had to be flexible. I saw that her behaviour and the negative energy she brings into the office were causing stress for me as well.

For my part, I dealt with the circumstance of working with her by doing only what I needed to do in terms of professional communication with her, and when I didn't need to be around her, I excused myself from her presence and spent more time working with positive and motivated people.

Q2. How Do Balanced Diet Help to Relieve Stress?

By lowering oxidation and inflammation, as well as assisting in weight loss, a nutritious diet provides a stable, long-lasting basis for your body.

Before understanding how Diet can help to relieve stress, we should first understand how stress affects our body.

Stress triggers a set of biological responses including:

- The release of stress hormones from your adrenal glands – adrenaline and cortisol
- An increase in blood sugar
- Rising blood pressure
- Rapid heart beat

When faced with stress, all of these responses, known as 'fight or flight,' are meant to assist us meet physical difficulties that threaten your survival (e.g. how our body would respond if you were being chased by lions). The problem is that in today's high-stress world, the stress response is always on high alert, leaving the body with no time to recover.

Hormones are also affected by stress. The main stress response hormones adrenaline, noradrenaline, and cortisol are produced by the adrenal glands, which are located on the upper, inner surface of each kidney. The adrenal glands may get overworked over time, making it harder to produce the proper amount of these chemicals.

Eating a well-balanced, healthy diet is essential for our bodies to cope with the physiological changes brought on by stress. Identifying and minimising the causes of stress is a key aspect of any stress response. Because blood sugar levels have a substantial impact on adrenal function, much of the dietary advice below focuses on lowering blood sugar levels.

Q3. Explain what the four things according to you are the most important for improving self Control.

Below are the 4 things that I think are most important for improving self control.

1. Removing temptations

We are not wired to constantly resist temptation; in fact, according to a research, most people resist temptation by removing it. "Training self-control by repeated practise does not result in widespread increases in self-control," according to a study published by the American Psychological Association. So we should not beat ourselves up if you don't have much self-control; we're just not wired that way. Remove the temptation rather than striving to reject it. Remove temptations from your environment and yourself to set yourself up for success. It aids in the automated and self-reinforcing nature of decisions, allowing you to focus on more important goals and decisions.

2. Forgiving Yourself

You will fail; failure is an inevitable part of life. Allow yourself to forgive yourself and move on. Beating oneself up and worrying over nothing accomplishes nothing and is a waste of time. "Success depends on going from failure to failure without losing enthusiasm," Winston Churchill reportedly said. Eighty percent of attaining a goal is your attitude, and a happy worker has a good attitude, therefore if you want to gain self-control and achieve ambitious goals, you'll need to learn how to grind.

3. Prioritizing Things

Make a to-do list for each day, week, and month so that when you're feeling overwhelmed, you can see that you're moving forward and doing your best. It gives you a sense of control, because feeling overwhelmed and powerless only leads to disorganisation, stress, and squandered time.

4. Learning How To Manage Stress

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