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Managing Work-Related Stress

Having a family to care for and the same time overwhelming work and school-related tasks leads to high levels of stress. Balancing most of these activities is difficult and creates a strained life. However, you can reduce or eliminate stress by adhering to the following best practices. First, avoiding responding to stress with aggression and undesirable emotions. In chapter ten, the book shows that responding to stress with these feelings will lead to more adverse effects on our health such as heart attacks. Therefore, it is paramount to respond to stress by interpreting its sources in a more positive manner. Stress should be viewed as a challenge that we must deal with rather than a fearful threat.

Secondly, it is effective to employ the "tend-and-befriend response" approach which focusses on establishing social networks that enable an individual to be protected against the stress threats. According to Chapter 10, this approach will enable a person to open by talking about their negative thoughts to friends and close partners. Thirdly, it is important to shift our minds from the stress-causing activities by taking a short break (APA). The break can be used in engaging in other mind-nourishing activities such as exercises, playing games, meditating, and having fun.