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Assignment No - 2

STRESS ACTION PLAN

Stress and change are often mistakenly equated in today's society. Stress is a physiological and psychological reaction to events that overwhelm the body and mind. We often wonder how we should deal with stress. There are numerous methods for managing stress and reducing the overall stress of daily activities. Our lives might feel hectic and stressful at times, what with the quick pace of work and home, being continuously saturated with technology, and still wanting to connect with those around us.

To feel less stressed, use these five methods to manage your lifestyle:

1. Use a guided meditation technique.

Guided meditation is an excellent approach to de-stress from the stresses of everyday life. Many guided meditations may be found on the internet to help you find 5 minutes of focused calm.

2. Engage in deep breathing exercises.

Deep breathing is an excellent strategy to lessen sympathetic nervous system activation, which regulates the body's response to a perceived threat. Deep breaths taken to a count of five seconds, held for two seconds, and then released to a count of five seconds can assist activate your parasympathetic nervous system, reducing overall tension and anxiety.

3. Maintain a healthy diet and physical activity.

Physical activity and proper diet are two key factors in how you respond to stress. When your body is in good shape, your mind may follow suit, and vice versa. Physical activity has been shown to be a fantastic stress reliever as well as an aid in improving your overall quality of life. Stress can deplete specific vitamins including A, B complex, C, and E, thus nutrition is crucial. Maintaining healthy nutrition benefits not just your body but also your mind, allowing you to better handle stress.

4. Keep track of how much time you spend on social media.

Spending time on social networking sites may be stressful, not just because of what we see there, but also because the time you spend there could be better spent chatting with friends, going outside and enjoying the weather, or reading a good book.

5. Make connections with other people.

Human beings are social creatures. To feel supported, you must establish relationships with others. Finding a sense of belonging, whether at work, with a religious group, or through shared interests like organised sports, is critical to your happiness. Taking part in a shared activity allows you to discover support and develop relationships that can help you through difficult times.