Essay “How to overcome stress”

For me, for unknown reasons, writing an essay can be a very long and stressful process. Therefore, the methods of overcoming stress that I am going to list down below are going to be used by me during and after writing this essay.

First of all, just relax. It’s not that bad, is it? Think about the situation that gives you stress as of a challenge that you are ultimately worthy of and rather than dread or resent this challenge, embrace it, because you can learn from it and this knowledge will make you stronger and wiser. You can and will make it through. Never forget the hard times that you already have made it through and understand that in the future there will be more challenges, but also more rewards. And all this counts as life, it’s all part of true joy, it all counts.

If this highly motivative and encouraging drivel haven’t helped you or have helped you but it’s just not enough, you should use some practical stress-killing techniques as well. In fact, use them anyways, they help with not getting stressed at all.

Make breaks. Distract yourself from a stressful situation. Endless rethinking over the problem, worrying and intense working will just leave you nerveless and apathic. Very often we find solutions as we stop trying and just let go. Make small 5-minute breaks every half-an-hour if you are doing something routine. Dance a little, look out the window, talk to someone, drink a cup of tea. Make a big break every two hours and go for a walk, make some sport exercises, or just lie on your bed in silence for 20 minutes or so. You will be surprised, how planned breaks can boost your productivity, creativity and willpower. Do not forget that the problem, however big it is, should not reduce life to overcoming it. Enjoy every aspect of your life and sleep when you sleep, eat when you eat and work when you work.

Thus, dedicate time to do something that you love. No matter how overloaded your day might seem, you can always find a spare time, it’s just a matter of day planning. So, do what makes you happy and fulfilled, because this is exactly what keeps us going.

Sometimes distraction isn’t enough. What if you are overlooking or even ignoring the source of stress? How to treat a disease without knowing its root? And what if the stressful situation is so overwhelming and frustrating, that you can’t even think about anything else?

Meditate. Or do yoga. Or chigun. Or stare at yourself in the mirror. Instead of concentrating on your anxious thoughts, concentrate on your body, your feelings and the world around you. Observe beauty of the small details that get unnoticed and unvalued in the everyday hurry. Have interest in your toothbrush, your hands, your eyes. Place a hand over your heart. Find out that you are a living breathing creature in an unimaginably complex and every-second existing world. Feel it with every receptor that you have. Let yourself express it: smile, laugh, scream or cry if you feel like doing so. This mindful perception might really help you to overcome stress.

Most importantly, remember that there are always people in your life that can help you to deal with any stress, do not feel guilty for asking them for advice or support, because everyone gets stressed and understands how tough it can be to overcome, especially on your own.

After all, stress isn’t here to hurt us, but to thrill us, to make the roller-coaster ride of life even more interesting and spectacular. Deep down inside we don’t want an easy life, we want an amazing life and the strength to love it with all our heart.

So, get stressed!