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| STRESS MANAGEMENT  ACTIVITY 3 |
| |  |  |  | | --- | --- | --- | | Jamie Lu | W0441213 | COMM2700 | |

Introduction

Stress is something everyone deals with and greatly impacts a person’s life. It affects how a person feels physically, mentally and emotionally, and can strain one’s health and growth as an individual. It can even affect how a person goes through each day. Going through stress can deter someone from doing a good job at a task, thus, making it hard to get good results. With stress, focus goes away. A person has higher tendencies of making mistakes, missing deadlines, showing up late, missing work, and having a bad mood. Stress can also heighten one’s anxiety levels and cause a person to behave in a way that could be excessively defensive.

If left unmanaged, stress can get worse. A person can experience a burnout from the strain that stress has caused. This burnout can lead to ruining one’s career and relationship with other people, as well as, having more serious conditions such as depression.

There are a lot of causes for stress. The most common one, though, is stress from the workplace. Most workplaces have now become a high stress environment for its employees. A lot of forward-thinking organizations now have employee assistance programs that can help deal with stress. Steps like fitness and wellness activities, dog and child friendly workplaces, extra perks, and on-site healthcare are taken to reduce employees’ stress levels. The costs for the steps taken to reduce stress might seem like a lot but once you count in the amount of productivity a company gets through stress reduction.

Part 1: Tackling the Problem

After evaluating what usually causes me stress, I realized that it is ***pressure and worrying.***

First, pressure, I have noticed that I set myself up on a high standard and I have also noticed how competitive I get. I tend to pressure myself with doing the best to receive acknowledgement from peers and family. I have also noticed how much I compare myself to other people which I now realize is never good because it cannot help my self-esteem. It can also hurt me because I would then be pressuring myself to do better. Pressure can be a positive, a suppose, as a motivator but not to the amount I sometimes put myself in.

Second, worrying, I sometimes have a pessimistic mindset that prohibits me from enjoying things because I overthink a lot. I sometimes worry about things that I should not worry about or things that could easily be resolved. I sometimes have the tendency of putting worrying things off and ignoring them. I now realize that this cannot help me because putting it off will only keep me from enjoying anything (as the worry will always be at the back of my mind) and make my worries greater.

There are several ways for me to tackle this problem. One thing I can do is to **do work** before I go and have fun instead of ignoring it and pushing it to a later time. I can also try **self-esteem exercises**, such as looking in the mirror and saying positive things about myself to help with pressure. I can also try to counteract any negative or worrying thoughts that come into my mind either by **creating solutions** or (if it’s something I cannot control) think of the **silver lining**.

Part 2: Taking Care of My Body

My mom always tells me the impact that exercise can have on my mind and body. She said that while exercise is good for your body, she said that it can help a person deal with stress as well. I think that if I exercise even for a little bit every day and eat better, it will help me deal with stress better. Meditation, which is coincidentally part of my project this semester, can also help with stress. I plan to do both **exercise and meditation** to help me take care of my mind and body.

Part 3: Managing My Emotions

**Prayer** is the best way I know to relieve stress. Telling all my worries to God, letting go and letting Him work in my life is the best. It has always worked for me so I will continue to do that.

Sometimes we get caught up in our emotions and it stresses us out too much. We just need to calm down, reflect, and pray before we act. Impulsively doing something out of a very heightened emotion is never gone.

Part 4: Helping

**Helping in the community** is good because it gives a person a sense of purpose. With all the chaos the world is experiencing right now, there is nothing too small that a person can do to help the community.

Part 5: Stress Management Technique

The stress management technique that I chose to try is **active relaxation**. I have never tried this technique before. I liked this technique a lot. It is very easy to do but the impact is great. This technique helped me deal with emotional stress as well as helped me deal with worrying too much. This technique proved to be very effective and I am planning to continue using it to cope with stress.

Conclusion

Stress is unavoidable but it is important that one addresses it. I am happy I was able to look into different methods of tackling stress because it can help me in my everyday life and with my goals. I plan to try out more stress management techniques to help me cope with stress.