CONQUERING STRESS

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Everyone is affected by stress, and it is a part of our normal life. When you have an excessive amount of on your plate or haven't had enough sleep, you'll feel stressed in your body. If you are concerned about your profession, income, relationships, or a friend or family member who is unwell or in trouble, you may suffer stress. Your body instinctively increases blood pressure, heart rate, respiration, metabolism, and blood supply to your muscles in reaction to these stresses. This reaction is designed to assist your body in responding swiftly and effectively to a high-pressure circumstance. When you are constantly reacting to difficult situations without making modifications to mitigate the impacts, you will experience stress, which can be dangerous to your health and well-being.

There are things you can do to feel better if you are stressed. As you read the advice below, keep in mind that overcoming stress will not happen overnight or with a half-hearted effort. It will take perseverance, determination, and time. Some methods may help right away, but if your stress level continues to rise, it's necessary to pay closer attention and/or make some lifestyle changes. Keep your expectations in check. If some activities (yours and/or your family's) overwhelm you, learn to say NO! Remove an activity from your schedule that isn't absolutely necessary. It's possible that you're taking on more responsibilities than you can or should. If you encounter opposition, explain why you're making the adjustments. Listen to what others need to say and be willing to compromise. Get rid of the "superman/superwoman" mentality; no one is perfect, so don't hold yourself or others to that standard. "What actually has to be done?" you might wonder. How much can I accomplish? Is the deadline achievable? What changes may I
make? If you would like assistance, do not be afraid to invite it. Meditating for just ten to twenty minutes each day can help relieve chronic stress and lift your tolerance for it. Use the time to relax, listen to music, and think of nice thoughts or nothing at all. Visualize, use your imagination, and imagine how you might handle a stressful situation better. Many people believe that visual rehearsals enhance self-confidence and enable them to adopt a more positive approach to a challenging undertaking, whether it's a corporate presentation or relocating to a new location. Take it one step at a time; for people who are under tension or stress, their daily workload can feel overwhelming at times. Taking one task at a time is the greatest method to deal with the sense of being overwhelmed. Make a list of all the tasks you need to do and begin with one of them. Choose the next task once you've completed the previous one. It's tremendously rewarding to feel good about "ticking off" responsibilities. It will encourage you to continue. Regular exercise is a well-known stress reliever. Physical activity for 20 to 30 minutes is beneficial to both the body and the mind. Do something you enjoy taking your mind off your concerns. Schedule time to pursue your passion, whether it's gardening or painting. Sharing one's feelings in a conversation with a friend allows one to realize that they are not alone in having a difficult day, caring for a sick child, or working in a crowded office. Maintain contact with family and friends. Inquire about how they handled a circumstance comparable to the one that is "stressing you out." Allow them to love, support, and guide you. Don't attempt to affect things on your own. Be adaptable with change, rethink your viewpoint or plan if you're constantly up against opposition in your personal or professional life. Arguing merely adds to the tension you're already experiencing. Allow for other people's points of view and be willing to compromise. Others may be willing to meet you halfway if you are willing to be accommodating. Not only will you feel less stressed, but you may also come up with better answers to your problems. Take it easy on the criticism; you may have unrealistic expectations of yourself and others. When another individual fails to meet your expectations, try not to become frustrated, disillusioned, or even "stuck." The "other person" could be a coworker, spouse, or child whose behavior you want to improve
or with whom you disagree. Avoid character critiques like "You're so stubborn," and instead offer constructive suggestions for how someone should accomplish something differently.

References:

https://www.mhanational.org/stress-coping-everyday-problems