COPING WITH STRESS

by
Priscilla M. Enriquez
Registrar I, B. Camacho National High School

According to a dictionary, stress is “a state of mental or emotional strain or tension resulting from adverse or demanding circumstances”.

One example of this would be, a mother who is also a full-time worker. One rainy morning, she overslept and running late for work. She still had to prepare breakfast for her husband and children. But then she found out that she also ran out of gas she needed in cooking. For this reason, she decided to give them additional cash for them to buy something for breakfast. At work, while doing her best in meeting the deadlines for the day, the thought about her family entered her mind if they were able to eat breakfast. She started to worry, how much more as she tried to contact them, but no one returned her a call or any message. And it does affect her performance at work that might cause her not to meet certain deadlines which could put her into another problem. It would leave her exhausted by the end of the day.

Causes of stress are mostly the things that you care about the most, and if you try to do all things at a time it would leave you stressed out. We may or not, have a control of the stressor (cause of stress). However, if we become more positive in our everyday life, then we might lessen the effect of stress on us. With this, we go back to our example: the mother might not have the time and forgot to set her alarm the night before; she could have had an extra gas to be used just in case it runs out or she could have prepared something they could eat that would not need cooking; however, she made a solution to give them extra money instead, this decision might be better in a way rather than blaming herself for not being prepared and all. On the other hand, this solution could give her another problem and stress. If she starts to wonder if she would have enough money to pay the bills. Following up her case, though she decided to give them money to buy their own breakfast, she has the control and choice not to worry whether she made a right
decision or not, while she is still at work which may add to her stress and make bigger problems such as failing to meet her deadlines at work.

The reality is, there are things that we can control, but there are also things that we cannot and the best way to do is to accept the things beyond our control and be ready to make options when needed. We also must not push ourselves to do more than what we could do. We must learn to prioritize things and do first what is more important and needed to be done until we have accomplished everything. If we cannot stop worrying about something, talking to someone close to us who can give good advice might help cope with stress. Also, we must take care of ourselves by: eating healthy, well-balance meals in accordance with our health needs; having regular exercise; getting plenty of rest/sleep and taking a break like pampering ourselves in a SPA. And last but not the least, positive thinking would also help us cope with our everyday stressors. We must bear in mind that all things come to pass and are temporary. Let us start the day looking at the brighter side of the problem that would give us more perspective rather than clogging our mind with different problems which may be out of our control.

References:

Stress Symptoms, Signs and Causes, Improving Your Ability to Handle Stress

https://en.oxforddictionaries.com/definition/stress