HOW CAN A PERSON AVOID STRESS?

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There are many factors or source of stress that a person might experience but no matter how you are experiencing it, it’s up to you how you can effectively manage stress. The following tips might help you avoid or fight stress.

1. Engage in a relaxing activity- Many people are having vacation to a place where they can relax and be free intoxicating from intoxicating works even just a week or month. After that enjoyable vacation their mind seems ready to new challenges that needs to battle because stress may always come and go. Fighting stress is just a matter of engaging in different activities that you can unwind your worries and problems that may tend to escalate if you will not think of doing things that may help you to feel comfortable and relax.

2. Have somebody who can give you good advice- If you have a big problem that is causing you to be stressed, seek the advice of a close friend, your parents or a person that you can trust, you can share your problems and probably might give you a wise decision that you can do to solve it. Sometimes you become paranoid and can’t think of the solution to resolve your problem but when there is somebody who can help you by giving you some ideas that you think okay you have feeling of comfort and finally solved that problem causing you too much stress.

3. Learn to be appreciative and contented in what you have or present status in life- Sometimes our stress is rooted in many desires that we wanted in life that we don’t have ways to achieve or get it. That desires when not satisfied may also cause us stress because we could develop low self-esteem when we are comparing ourselves to others, when we
wanted material things that others have and you don’t acquire it. The best thing is to be contented in what you have and achieved. Just wait for the right time, just always be optimistic that good and better days will still come to you.

4. Just live within your means- Many people are in trouble and stress because of living in luxury that they can’t really afford and because of this lifestyle they end up in debts that causes them to be stress. It’s better to live a simple life that you are happy and without worries. When you are engaging in a lifestyle that is not suited for you because you do not have sufficient income to indulge in luxury, you will end up getting stress trying to adopt in a lifestyle that you cannot afford.

5. Obey God’s teaching in the bible especially the Ten Commandments- The mistakes and sins that a person committed could bring stress because of guilt. That guilty feeling radiates in a person’s mind that sometimes lead to suicidal attempts. A righteous and Godly person who lead his life according to the will and teachings of God will not experience things that might cause him stress because he is dependent on Gods guidance in all his undertakings in life. A person might have wrong decision but if you put everything in Gods hand you are always on the right path. No problems, worries or stress.

Reference:

https://dyfivalleyhealth.org/how-to-avoid-stress/