STRESS IS STRENGTH

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How are you today? Are you overwhelmed, anxious, burnt out or worrisome because of the current situation that we have right now? Would you like to easily relieve that stress that is exhausting you and want to keep calm and be at peace?

Do you know that everyone has a stress--- it’s a fact of life. According to A.D.A.M. Inc., Stress is a normal feeling of emotional or physical tension. It can come from any scenario or thinking that can lead to frustration, hatred, or nervousness. It is the body's reaction to a certain challenge or demand. It can be an Acute stress that is a short-term stress that goes away quickly and can create positive results because it helps you manage dangerous situations. All people have acute stress at one time or another. The other type of stress is the Chronic stress that lasts for a longer period of time. This may be experienced when you have money problems, family and marital problems, trouble at work or being in a situation that seems to have no remedy at all just like this pandemic wherein we do not know when will it stop and be backed to normal situation. And if you don't find ways to manage this stress, it may lead to health problems.

These types of stress made us realized that some stress is actually good for us, to charge our body to produce some wonderful outcomes but there is also a stress that stops us in our tracks and messes with our sleep, our happy relationship, our good work and our health where we must take action before our situation gets worse.

Experts all agreed that our body is an instrument of the mind and it is controlled by thoughts, feelings and vibrations wherein negative thoughts short circuit the immune
system and when you invite stress to take charge in your life, your body chemistry changes and your immune system becomes vulnerable to many disease processes.

Teaching, just like any other professions, is vulnerable of experiencing this chronic stress because every day, teachers are communicating with different people from the community aside from their day to day interaction with their pupils which really test their patience and self-control. Aside from that, now that there is a new way of delivering learning to students, it becomes more rigid on the part of the teachers because they have to prepare the learning materials that they will supply to the learners so that learning from home may occur. Moreover, they have to prepare the documents that come along with their performance as teachers. These experiences may bring stress to teachers which will make their mind and body suffer the results in the long run.

But come to think of it, why do we really need to experience this unhealthy stress? Are we gaining something good from it? What is this stress for?

According to Jennifer Casarella, MD., if we will deal with stress and come to indulge with it and try to examine the real purpose of stress in our lives, we will find out that we can do something good out of this stress and we can turn it into strength for us to cope up with our everyday struggles victoriously.

Here is the list of the good effects of stress that we should take into consideration so that every time this stress is eating us, we can overcome and defeat it.

1. Stress caught our attention— When we are stressed and have experienced the pain that it causes, our attention is being caught and we are about to do something to remedy or even stop the feeling of being stressed.
2. Stress diverted our priorities— When we are in the situation where we are being tested, there is a tendency for us to reorient ourselves to what we really want to happen in our lives. This analysis may help us reconsider our priorities and choose the best that will not cause us stress.
3. Stress drew us near to God--- When we are in the middle of these problems and it seems that there is no way out, it shows us that there is only one God whom we could run to and we will realize that no matter how hard those challenges are, still God is there to reach out and uplift us in this misery and He alone can give us hope and solution.

4. Stress disciplined us--- When we will analyze the different circumstances that are giving us stress, we will find out that there is a purpose for that and it is to teach us a lesson and to discipline us. Remember that we all commit mistakes so instead of blaming ourselves to such mistake, be eager to redirect the route that we’re passing on and change our attitude towards life so that stress will not haunt us.

5. Stress strengthened our Faith--- some say that God’s promises excite our faith so as stress strengthens our faith. It proves that we are only human and we can do nothing to control the events in our lives to make it stress-free, but we can boost our faith unto the Lord to have a stress-proof life.

Today is the best day to turn our stress to strength because one step is bigger than nothing. We may struggle at first but if we get used to it, we can maneuver it with poise. Always remember that nothing is impossible with God, so with a positive attitude and right mindset, we can nail it especially if we know where our strengths are coming from and when we learn to live a happy, satisfying and fulfilling life in this stressful world.

References:

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