



100/100

I can relate to you on so many levels with your stressors. I lost my stepfather to cancer a few years ago. Your same coping mechanisms are what I use. I have to exercise and move to get my stress out.

Name: [REDACTED]

Employability Skills Area: Attitude & Networking

Assignment Name: Dealing with Stress

Dealing with Stress

Your health makes a big impact on what you do with your life. Some health problems are out of your control, of course. But many are not.

Have you ever heard someone say, "I'm really stressed out"? They probably mean they've got too much to do. Or they may mean they are facing a difficult situation.

Another word for stress is tension. Sometimes you are torn between two or more things you want to do or have to do. That causes tension. That is stress.

Stress can be caused by

- The death of someone you love
- Your parents' divorce
- Changing schools
- Not having the money to do what you need or want to do

If you are under stress for a long time, your body will be affected. This makes you less able to prevent illness.

Whether you are in school or working, you will face many changes. These changes can cause stress. Every situation has advantages and disadvantages. When you are in a stressful situation, consider the following questions:

- What are the advantages and disadvantages of my situation?
- Is there something I can do to change my situation?
- What might happen if I do nothing?
- Is my attitude toward the situation likely to change?
- Does this situation affect my long-term career and life plans?

Often, a situation appears hopeless until you step back and reevaluate it. Talk with people whose opinions you value and trust. Many resources are available to help you identify and deal with stress.

Stress and Me	
<p>To identify your true sources of stress, look closely at your habits, attitude, and excuses:</p> <ul style="list-style-type: none"> ● Do you explain away stress as temporary (“I just have a million things going on right now”) even though you can’t remember the last time you took a breather? ● Do you define stress as an integral part of your work or home life (“Things are always crazy around here”) or as a part of your personality (“I have a lot of nervous energy, that’s all”). ● Do you blame your stress on other people or outside events, or view it as entirely normal and unexceptional? 	
<p>Identify three times that you have been under stress:</p> <ol style="list-style-type: none"> 1. The death of my stepfather 2. Benchmarks/Finals/Grades in general 3. Parents divorce 	
<p>List three ways in which you cope with stress:</p> <ol style="list-style-type: none"> 1. Exercise/Sports/Go for a run 2. Read my Bible and Journal 3. Listen to music 	
<p>Would you consider your typical stress coping strategies to be healthy or unhealthy? I think my stress coping strategies are a life saver! I don't know what I'd do if I couldn't throw my headphones in and go for a run.</p>	

Some healthy ways to relax and recharge include:

Go for a walk	Savor a warm cup of coffee or tea
Spend time in nature	Play with a pet
Call a good friend	Work in your garden
Sweat out tension with a good workout	Get a massage
Write in your journal	Curl up with a good book
Take a long bath	Listen to music
Light scented candles	Watch a comedy