STRESS IN OUR LIFE

Today, many people try to manage their stressful life. Have you ever thought what are the its reasons? They can be life style, job, school, families' economies or political issues. If you want more peaceful life you should manage your stress, how you can do this there are many ways to manage it, some of them are healthy and some are not healthy. For instance, many people to get rid of stress, eat a lot or least, smoke, drink alcohol, watching TV a lot or using computer much more and making themselves house bird but there are a few useful way for you to get rid of stress; managing your time, spending your time with other activities rather than pay attention on your problems and looking for solution every time.

Time is spent in many ways. While many people use it for doing their works(there is no problem in terms of stress), others spend time for other things not assignment, specially this problems emerged among students. There, stress arises for students; for example a university student; if this student do not control time for examinations, he or she will have problems in his or her mind, there will be stress so that this student should order things and use time effectively so that this student will not have stress this point is important to decrease stress I advise to student prepare for themselves schedule to order works and use time much more usefully.

While some people to decrease stress, do activities such sport, shopping short walking, playing some musical instruments , the others just stay home and watch TV, play video game much more than normal life, eat a lot or just sleep . For these people I advise that please be much more social person and try to make yourself busy with other activities so that you will forget about problems and stress .

The last issue is pessimism , I want to give an example again from students, when students hear bad marks they get depressed and they began to think about other exams and this problem make them much more stressful people but they should say everything will be much more better in terms of my marks and try to study exams in a peaceful and quiet manner by forgetting problems.

It can be seen very easily from our life that stress has many places there, there are a lot of things, the people who suffer from stress can do , as seen in this paper the ways to slip out from stress very simple. You do something to make yourself much more comfortable do not care about problems by ordering works and giving your attention other things such sport and music.