STRESS MANAGEMENT

Stress is a situation that, it happens when people feel under pressure themselves. The word derive from Latin verb “estrictia” to our language. To Hans Selye, who was one of the founding fathers of stress research, “Stress is not necessarily something bad-it all depends on how you take it. The best way is to prevent stress to keep your life in balance. There are some proposals may be helpful to person’s stress management such as; right timing, physical exercise, and future planning.

First of all, right timing increase stress %90. If you use your time proper to your plan, you take an important step against being stressful. Firstly prepare your “to do” list every day and don’t anything except it or never put off till tomorrow what you can do today. Person must spare time within day for himself/herself because high working load leads to stress and also reduce person’s productiveness. For instance, for a student assingments must do in time but not the last night otherwise it gnaw away someone’s mind like a rat.

Another, exercise is one of the best physical stress reduction technique. If a person has a stressful life inflicted by social circle or personal problems, exercise weight off his/her mind. Also deep breathing helps you to lower stress and to relax your muscles and brain. Just inhale and exhale then everything will be more bearable. The other one is sleep derivation that, if a person don’t sleep enough, every word go into his/her brain irritatingly and does less patient them.

The other method is to do future planning correctly. One of the cause leads to stress is concern for the future. To know what do you want to do decrease the fear of failure. Some proposals for not to fall down are:

- While making a decision, think twice that will it be utility for future.

- In the event of failure take lessons from it and it must be utilised as an experience.

- Create an alternative job in your mind, don’t rely on only one thing.

In a nutshell, every person must organise own stress management and find solutions to overcome his/her weaknesses. That is possible with own positiveness.

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