STRESS MANAGEMENT

Stress means that it is a feeling of strain and pressure in psychology. In fact, controlling the stress in human life is difficult for everyone. In connection with this , stress management is one of the hardest problem in dense everyday life. There are several ways about stress management in life. These are meditation , phsysical activities ( sports) and journaling ( diary ) .

First of all , meditation is one of the most essential solutions on people’ s life. Meditation is a practice in which an individual trains the mind. Exactly , anyone can practice meditation. It is both simple and inexpensive . And also, meditation can help carry you more calmly through your day and even improve certain medical conditions. For example , meditation provides increasing self- awareness , focusing on the present and reducing negative emotions. Namely , meditation can give you a sense of calm and health.

Secondly , phsysical activities ( sports) are the other important way for stress management. Thanks to sport , people forget their problem and trouble . Already , sport prevents not only stress and also ilness. Doing a physical exercise can give relax and vitality. So as to defeat the stress , sport is the essential point for every people.

Finally , journaling ( diary ) gives a happiness and joy of living. Journaling all day inarguably provides all of delightfulness. Living with journal increases people ‘ s liveliness and gladness. Consequently , journals try to solve all problems of daily lifes. Diary benefits ” relieve one ’ s feelings”. Thus , people are pleased with diary.

As a conclusion , stress management is difficult but it is not impossible. Unfortunately , stress is repeatable for human being. Stress is the process of sipirituality. And also , recovery of this takes a much more time because of this , stress management process is challenging . Hopefullly , stress and all problems disappear our life forever.

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