**SUBJECT 10: Write an essay about Time Management**

**THREE WAYS TO COPE WITH STRESS**

There is no doubt that stress has become one of the most common situations in today’s world. Stress can be defined as normal physical response to events that make you feel threatened or upset your balance in some way according to experts. Stress is out of side and difficult to be seen and the great majority of people do not realise the power of stress. It has been proven that stress can affect the blood circulation which brings such a massive impact to people’s health. Hence, it causes some [psychological](http://tureng.com/search/psychological) problems on people. In medical science, there are three main stages of stress. When you are under stress, you will probably experience and stroll among three specific stages. These stages are Alarm, Resistance, and Exhaustion. However, you may or may not pass all stages of stress, depending on the happenings that you are influenced. Before find yourself in these stages, there are certain significant strategies to overcome stress, such as positive self-talk, defining some stress inhibitors, and finding pleasures.

Initially, stress is a person’s way of responding to any kind of event which can be caused by both good and bad experiences. Self-talk has a really great influence on these kind of experiences and it is one of the best ways to deal with stress. The fact of the matter is surely that it is like having a second voice in your brain. Doubtless, self-talk will be reduced the stress if you avoid yourself from using negative expressions such as "I'll never get well" or "I am so stupid’’. Negative self talk multiplies stress. In contrary to negative thoughts, positive self-talk makes you chill out and control stress. As you perform, you will learn how to turn negative thoughts into positive ones. For instance, instead of telling ‘’I can’t do this’’, you can replace it with ‘’I will do the best I can’’. To help you feel better, practice positive self-talk every in the car, at your home, office, school before you go to bed or whenever you notice negative thoughts. This way will make you become more cooler, optimistic and stressless person.

In the second place, defining some inhibitors of stress makes you overcome to stress. Moreover, people not having a good time management, they deal with the difficulty of balancing work, study and relaxion. In brief, someone who pays too much attention on work may be the victim of stress. There are many stressful situations at work, at home, at school, on the road and in public places. We may feel stress because of poor communication, too much work and being everything is monotone. Stress stoppers make you deal with stress immediately. Person could need different stress inhibitors in different situations. Walking away from the stressful situation, going for a walk, dividing big problems into smaller parts could be helpful to prevent stress.

Thirdly, when stress makes you feel bad, try to do something which makes you feel good. Doing things you enjoy is a natural way to struggle with stress. You don't have to do a lot to find pleasure. Even if you're ill, you can find pleasure such as going for a drive, chatting with a friend or reading a good book. In other words, you can take up a new or old hobby, read a favourite book of you, short story, magazine or newspaper, have coffee or a meal with friends, play volleyball, tennis, bowling, take a nature walk, listen to the birds, make a list of everything you want to do in life, watch an old movie on TV.

In summary, it is clear from these observations that the only think we can do is to accept that it is possible to find efficient ways to reduce and exist stress as much as possible. Before you find yourself in serious periods of stress, by accepting self-talk as a part of your life style, defining some stoppers of stress discovering new pleasures make you overcome to obstacle of stress. Instead of feeling nervous, under stress; try to enjoy your life and always think optimistic.