STRESS MANAGEMENT

Stress is a big problem especially in work life. Having social problems and problems about work can cause stress. This affects us in every part of our life. There are two types of stress; acute stress and chronic stress. Acute stress deals with the pressure of the near future or dealing with the very recent past. It is short term stress. Chronic stress has a wearing affects on people that can become very serious health risk if it continues over a long period of time. The best way of dealing with stress is stress management. It is controlling a person’s level of stress for the improving everyday functioning. It starts with identifying the sources of stress. For managing our stress we should control our thoughts, schedule and the way we deal with problems.

The first and the most important aspect is controlling our thoughts. Every person can have some problems but the more you stress about the problem the more you will care unnecessarily about it because you are more worried about that. So, this makes you more stressed. But if you can control your thoughts and help yourself to be calm, you will be more relaxed. If you cannot control your thoughts, you can have a help of a psychologist.

The second aspect of stress management is schedule. Making a plan about our daily life helps us to have more planned life. If you have a complicated life; your sleeping, eating and working times will be complicated too. Sleeping disorders causes health problems such as; headache, weakness etc. If you do not have regularity about eating you will probably gain weight. Because, for example having a dinner in late night causes gaining weight. Finally, controlling your work time is very important both your stress and your career. I you manage your time, you will have responsibility about the job. Then, you can have more planned work life which helps you to be promoted.

The third and the last aspect of stress management is controlling the way that we deal with problems. The more you care about a problem, the more you will be stressed about that. If you have stressed about a problem, it is more difficult to cope with it. But if you can be calm, you can adapt yourself to problem. So, the average of finding solutions is increasing. Being calm helps you to have a general view about the problem. For example, if you are stressed in an exam, you will have difficulty about understanding the questions. But if you be calm, you can fully understand the questions and this makes you more successful.

As a conclusion, working life, social or emotional problems are the main reasons o stress. But the most important point is dealing with the stress. As it has been touched on above, we can cope with stress by controlling thoughts, schedule and the way we deal with the problem. Finally, it mustn’t be forgotten that life is short. But if you care about all the problem you will make it much shorter.

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