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**STRESS CAN BE MANAGED**

Stress is commonly known as a feeling that everything seems to have become too much or overloaded. We always wonder whether we really can cope with the pressures placed upon us. Nowadays most of the people suffer from this feeling and sometimes they try to find ways to deal with it. I strongly believe that stress can be managed by making meditation techniques, taking psychological help and managing your time.

First of all, if we want to deal with stress we need to relax our soul through meditation techniques. For many of us relaxation means lying down on sofa, watching TV or listening music, but these techniques work till the other stresses come. If we consider today’s world and our duties, everything seems stressful. According to Philo, Hellenistic Jewish professor, if we know our soul we will be able to find paths to defeat our stress and stress can be overcome by meditation. In old eras Buddhist monks use a lot of techniques to make peace with their soul and these techniques are reaching to our world with some changes. Most popular technique is known as yoga. When you start to yoga the only thing you have to do is focusing 100% of your attention in one area. If it seems hard to do you can also meditate yourself by transcendental meditation. This technique found by Hindu [Maharishi Mahesh Yogi](http://en.wikipedia.org/wiki/Maharishi_Mahesh_Yogi) in the mid-1950s. When you start to meditate yourself you do not concentrate yourself or focus on one area, the only thing you need to do is try to reach the main causes of stress and defeat them with your confidence. Meditating is quite popular in these days and one of the known one. Due to that information you can heal your soul and get rid of your stress resources.

Secondly, taking psychological help makes you relief and teaches you some techniques to deal with your stress. If you feel you cannot do something by your own you can take help from others who are know the best ways for your psychology. In old times taking mental help from doctors meant you are crazy, however we are in 21st century and these unnecessary thoughts were disappear. Human-beings are so difficult to understand but these doctors took education for understand and overcome your stress, anger issues, etc. Sometimes talking with stranger is better than talking with someone you know, because he/she don’t know who you are, where are you from, etc and they are not even interested with these types of questions. They focused on your problems and make solutions to overcome them. According to John Mere, psychologist in London hospital, most of the children between 8 and 14 take psychological help from doctors, because this stress problem starts in these ages and if you don’t interfere or regard them, they will cause much more problem in your adult hood. All in all, sometimes you have to agree that psychological help will make you better than now.

Finally, managing your time is another technique to deal with your stress. If you cannot keep up with your time it will make you stress. Due to this technique you will be able to make time for yourself. You will not be late your work or you will not be late your home and thanks to that you can decrease the problems which make you stress, but this technique require full attention and ability to make plans. It seems hard to do but if you want to deal with your stress problems this will not be a big problem. In a nut shell, managing your time will help you to avoid from time problems which make you stress.

As a conclusion, stress can be managed if you know effective techniques. Making peace with your soul, talking with a stranger and time management are one of the ways of dealing with your stress. Sometimes all you need to know what you need or being open minded to try something will change you, because worldly problems will never come to an end and the only thing you can do is learn how to live with them