**STRESS MANAGEMENT**

Stress is a reaction which is given against inner or exterior stimulus. Everybody has a stress and they complain about that, but nothing is keyless. Stress management helps cope with the stress. Stress management refers to the wide spectrum of techniques and [psychotherapies](http://en.wikipedia.org/wiki/Psychotherapy) aimed at controlling a person's levels of [stress](http://en.wikipedia.org/wiki/Stress_(biological)). The purpose of this paper is to tell the stress management strategies there are five steps of it; to avoid unnecessary stress, to alter the situation, to adapt to the stressor, to accept the things you cannot change, to make time for relaxation.

First step is to avoid the unnecessary stress, to do that firstly you have to learn how to say “no” because not saying “yes” everything will relief you and save you from some more responsibilities. Secondly, if someone consistently causes stress in your life and you can’t turn the relationship around, limit the amount of time you spend with that person or end the relationship entirely.

Second step is to alter the situation. If you can’t avoid a stressful situation, try to alter it. Figure out what you can do to change things so the problem doesn’t present itself in the future. Often, this involves changing the way you communicate and operate in your daily life. **Express your feelings instead of bottling them up.**If something or someone is bothering you, communicate your concerns in an open and respectful way manage your time better. Poor time management can cause a lot of stress.

Third step is to adapt your stressor, if you can’t change the stressor, change yourself. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude. Try to view stressful situations from a more positive perspective.  When stress is getting you down, take a moment to reflect on all the things you appreciate in your life,

Fourth step is to accept the things you don’t change. Some sources of stress are unavoidable. You can’t prevent or change stressors such as the death of a loved one, a serious illness, or a national recession. In some situations, the best way to cope with stress is to accept things as they are.

The last step is to make time for relaxation. You can reduce stress in your life by nurturing yourself. According to a general belief, people think that if they eat something, everything will be well-organized. If you regularly make time for fun and relaxation, you’ll be in a better place to struggle life’s stressors when they come.

To sum up, to control your stress is easier than you think. The only thing you have to do is to relief your mind, take a large breath and find a solution to struggle with the stress in h your own way.

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