**MERT ATEŞ**

**SUBJECT:** Stress Management

**DATE:** 06/12/2013

**STRESS MANAGEMENT**

Stress is your mind and body’s response or reaction to a real or imagined threat, event or change. In the other words, stress is the body’s automatic response to any physical or mental demand placed on it and stress makes life harder. Therefore, stress management is important for facing with stress and a great of majority people strongly claim that stress management has many advantages in terms of physical, emotional and social.

The first aspect to point out is that stress management plays a vital role on your health, because it helps you to avoid something. For instance, you have an assignment and you have to do your assignment until 1-2 hours, but your time is not enough and you have stress. Therefore, you may have some bad problems for your healthy such as heart disease, high blood, and unexpected weight loss/gain because of stress for your assignment. However, if you manage your stress, you may not have stress as much as before and you may think better than you do not control your stress, which your healthy may not be affected so much. In short, stress management is important for your healthy.

Secondly, stress management has an advantage for your emotion. For example, you may not catch up with something in your life and you will come across with some bad things as stress, which this may make you sad. Nevertheless, you do not have to be sad if you control your stress. Otherwise, you will have anxiety or depression, and so your mood will swing. Additionally, you may make somebody sad because of your stress and something which will not make you happy later will realise in your life. Therefore, if you want to have a good life as much as possible, you should control your stress, because stress management may help you better than other things.

Thirdly, stress may lead to unwanted bad social problems, which nobody wants to have a poor social life. If it is necessary to give an example, you can check your life. For instance, you have stress in school life and you do some unfavourable things for your friends, but you are unawareness due to your stress. Therefore, this stress may make both you and the people who you love sad, which stress management may be do-gooder for you and your social life.

In a nutshell, stress is an unavoidable thing for your life and you are affected by stress whether you want or not. For this reason, stress management has such a vital role that in your life it is your best solution, because stress management has many benefits from the point of physical, emotional and social as you can see examples given above.