

Ten Positive Strategies for Beating Stress

Sun.Star Pampanga · 28 Jan 2021 · B7

It is vital to recognize and deal with stressful situations when---or even before--- they occur. As you begin to understand how stress affects you as an individual, you may adapt these points to suit yourself to help ease the tensions.

- 1.Let go of the stress. Many people try to relax at the same breakneck speed as the rest of their lives and wonder why they can't "let go." Exercise will relieve that "uptight" feeling, relax you, and turns your frowns into smiles.
- 2.Share your stress. It often helps to talk to someone about your concerns and worries. A friend, family member, teacher, or counselor can help you see your problems from a different perspective.
- 3.Be a participant. Loneliness can be just as frustrating as being in an overcrowded situation. Sometimes we can feel lonely in a crowded room. One way to prevent boredom, sadness, or loneliness is to become involved in a positive way with other people and the world around you.
- 4.Check off your tasks. Trying to do everything at once can be overwhelming, and as a result, you may not accomplish anything. Instead, make a list of what tasks you have to do, then do one at a time, checking them off as they completed.
- 5.Be realistic---know your limits. If a problem is beyond your control and cannot be changed at the moment, do not fight the situation. Everyone experiences disappointments.
- 6.Protect yourself-Lack of sleep and proper nutrition cause irritability and diminish our endurance and ability to deal with stressful situations.
- 7.Change your environment. You can often change your environment by getting away, joining a different group of friends, treating yourself to a good book, or playing beautiful music to create a sense of peace and tranquility.
- 8.Avoid confrontations. Must you always be right? Do other people upset you--- particularly when they don't do things your way? Try to cooperation instead of confrontation, it's better than fighting and always being "right."
- 9.Avoid self-medication. Too many people are seeking to dull the pain of life's distress through alcohol or drugs.
- 10.Maintain a positive mental attitude. Just as negative emotions can wear the body down, positive feelings can build it up. Biofeedback has shown that the link between mind and body is far more important than previously thought.