

**Coping with Stress in Your Life.**

**Simple Tips to Help you Cope with Stress.**



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## Introduction

Stress is everywhere. In your life, in your work, in your recreation, in your family. Everywhere you can think of, both internal and external.

So lets find out what stress is, what it does to us and how to handle it. You will be able to find shadows of stress in any tasks and chores that you carry out, be it at the workplace or at home. Although everyone is familiar with it, not many will be able to explain what it is.

## So, what *is* stress?

Well, stress is how your body responds to various situations in your life. This may refer to the tension you feel when you have just relocated to a new neighborhood, or even a different country, and you are trying to adjust to the changes in your life.

You may also feel stressed when something occurs which you are unprepared for. As such, you may panic or find yourself easily agitated by trivial matters.

If you constantly feel stressed and distressed, then it is really time for you to learn how to deal with and manage your level of stress to prevent it from taking a serious toll on your wellbeing.

Of course, stress does not necessarily have to be bad. This is because appropriate amounts of stress can be a good source of motivation. If dealt with correctly, it can help drive you to strive harder to achieve your goals.

The first step to managing stress is regulating your thoughts and reorganising your life.

This will help you to feel better and approach everything with a more positive outlook.

There are numerous ways of managing stress, from listening to music to talking it out with your family and friends.

There are no wrong or right ways to deal with stress.

If something does not work for you, then it simply may not be suitable for you. You should not let that stop you.

Instead, try out a variety of different methods until you find one that best suits you.

If you need to or just would like to learn more about managing your stress, do make sure that you read on.



## **What Is Stress Management & Its Side Effects?**

Stress is something that everyone needs to deal with in their day to day life.

Every minute of every day, you may be experiencing different levels of stress, without even noticing it.

However, when it rises above a threshold level, you will know as you will start to feel the anxiety. You may be easily agitated or feel fatigued due to the stress that you are experiencing.

During such situations, you will feel the need to look for ways to de-stress, to relax or unwind.

Since you can never get rid of stress permanently, it is important for you to employ good stress management techniques so that you will be able to deal with it daily as required.

With good management techniques in place, you will be able to respond better in stressful situations, whether at home, play or at the office.

One of the best ways which you can use to manage stress is to maintain a healthy lifestyle.

## **The Benefits of Exercise**

To achieve this, you should try to do a small amount of exercise every day on a regular basis. This will be able to relieve your stress by using it as a source of energy.

This does not necessarily mean that you need to go to your gym and work out daily. All you need to do is to consistently increase the amount of physical activities you do every day over a period of time.

This is especially true if you have not been getting regular exercise in your life for quite some time.

Abrupt changes in your lifestyle may cause you to overexert your body and this can cause stress itself so you need to slowly ease yourself into a regular exercise routine.



To start it off, do a few minutes of walking each day and gradually increase the duration of time you spend walking or increase the distance that you cover day by day, week by week in small increments.

Once your body has become more accustomed to getting regular exercise, you can proceed to increase your routine to include higher intensity activities such as running or biking in your exercise routine as well.

Besides needing plenty of exercise, you should also pay attention to your diet.

## **Dietary Needs**

To eat healthily, you should eat foods packed with vitamins and minerals and avoid foods that are oily and fat laden.

As well, you should also give your body ample time to rest and recuperate from the days stress by having at least 8 hours of sleep each night.

By living a healthy lifestyle, you will be able to deal with and equip your body with the necessary tools to manage stress.

With regular exercise, healthy diet and sufficient rest, you will be full of energy every morning and ready to begin your day.

As such, you will not feel or get tired as easily when you have a lot of tasks or chores to complete.

Such stress management methods do not have any negative effects, only good.

It will improve your life experience since you will feel healthier and happier.

You will find that it is now easier to accomplish all your goals, you stress less often and to a lesser amount, making you feel happier and free from stress.

## How to Handle Stress

While everyone could find themselves in stressful situations every day, not everyone is able to properly handle stress.

As such, when you feel overwhelmed by such feelings, it may take a toll on your health.

In order to keep yourself stress-free, you definitely should learn some techniques that will help you to deal with stress.

There are several stressful situations that one may encounter on a day to day basis.

For adults, you will be able to identify with the stress associated with deadlines and difficult tasks which your superior has designated to you.

Even your co-workers can cause you stress.

There are countless stressful situations that can happen at work. You may also feel and get stressed if you have been asked to complete a task which you do not feel fully prepared to.

For example, if you have just been assigned to make a presentation in front of a panel of executives at the very last minute, you will most likely feel the pressure (this is stress).



Of course, there are also times when you feel so overly stressed that you are unable to dispel it instantly.

As such, you may want to try out other means of handling and relieving your stress.

For any problems that may be troubling you, you should, first of all, keep in mind that there is always a solution for it.

Concentrate on a solution.

It is just a matter of time before you find the perfect solution.

Secondly, you can talk to your co-workers, friends and family so that they can help you to brainstorm and find the answer.

This will also help you to successfully find the solution.

You may need to try a combination of de-stressing methods if the stress is really strong, but there is always an answer.

For any problems that you face in life, it is always important for you to handle your stress effectively.

If you simply let it be, your stress level will rise continuously and eventually cause a toll on your life.

Stress can also cause you to lose motivation to work hard and achieve your goals.

As such, follow these tips as mentioned above and handle your stress well today!

## **Why Social Support Is Important in Stress Management**

It is important for a person to know how to properly manage stress, since stress is one of the unavoidable things in life.

Stress is not necessarily a bad thing, as it can also motivate you to work even harder and perform even better at the workplace as well as at home.

However, if one is unable to manage stress properly, then you may feel and become overwhelmed by it.

In severe cases, it may even cause a toll on your health or make you ill.

Amongst the various means of stress management, one that stands out is social support.

It is referring to the support that can be provided to you by the people around you, including your family, friends and the community (and medical if required).

With adequate social support, you will feel a sense of belonging and loving. This is important because it helps you build self-esteem, which helps you cope with stress.

If you are someone who easily feels anxious during stressful situations, then it would be a good idea to surround yourself with individuals who are willing to provide you with the emotional support you need.

With this you will be able to get the confidence boost you need so you can approach and solve any problems that are troubling you.

For example, there are numerous stressful situations that will always occur at work.

When you find yourself troubling over work issues, it may be good to talk about it with your family or friends.

Even if they may not understand the situation completely, you will be able to relieve some of the frustrations and stress you feel simply by talking it out.

Simply voicing your concerns will go a long way to assist in the stress relief. Your support network will also give you the encouragement you need to fight on.

Furthermore, when it comes to situations where they can help you, a good friend or family member will certainly lend you a helping hand.

As such, social support is extremely important when it comes to dealing with stress.

It has been proven that social support can contribute to good mental and physical health.



## Conclusion

In conclusion, while it is impossible to eliminate all forms of stress from your life, you can learn to effectively manage it.

While stress may sometimes be overwhelming, you should never let it run your life or stop you from accomplishing your goals.

Instead, always try to take control of your thoughts, take a step back and re-evaluate the situation.

If you are feeling stressed because you are afraid of making mistakes, take deep breathes to compose yourself.

You should also not feel shy to talk about your feelings with your friends and family.

With the love and support from your loved ones, you will be able to feel more confident to take on the world.

As stress is bad for your physical and mental wellbeing, you should definitely try out the stress management techniques mentioned above.

This article is in no way meant from medical advice, just helpful information. But please if you feel you are totally overwhelmed, seek professional help.

