
Stress - a Universal Problem

Stress is an ongoing problem that happens in everyone's life. There are so many causes and effects of stress but only a few different ways to help manage and maintain a healthy life style. It is helpful sometimes, providing people with the extra energy or alertness they need. The purpose of the third assessment was to figure out our stress levels through a series of stressful events that individuals can experience, as well as how we cope with certain altercations. Major life events obviously occur far less frequently than the daily stresses and strains we encounter.

Although stress is never considered to be a disease, it is highly associated with illnesses. The main causes of stress in a student's life come from school, work, activities, friends, and family. There are two forms that it comes in; acute stress, which lasts for a short period of time, and chronic stress, which is long-term stress. Examples of acute stress include conflicts with classmates, meeting deadlines for assignments, and transportation to school. Examples of chronic are; repeated struggle in school, illness/disability, or an illogical fear (heights, bugs, etc).

Although students begin with acute stress, many tend to gradually feel overwhelmed, which develops into chronic stress. The causes of stress come with both internal and external effects. It depends on the person, but the internal effects include anxiety, irritability, and nervousness. External effects include breathing faster, sweating, muscles tensing, dry mouth, keener senses, and lack of energy, headaches, and sickness.

Although there is really no real medicine for stress, there are certain actions individuals can take to improve their state of mind and body. The person must change their thoughts, attitudes, feelings, communication, response, and circumstances. Physically, an individual must eat healthy, get enough sleep (around eight to nine hours), and exercise. Students, for example, should remember to keep ideas into perspective and be optimistic. Surrounding themselves with good friends, a good level of activities, and enough time to get school work done is essential.

Each day stress builds up in a student's life, which can be negative as this carries into their adulthood. Exercise is a great way to alleviate stress as it helps get people get their mind off their problems. Physical exercise includes jogging; walking, swimming, golf and etc. Following good diet habits also effective to dealing with stress. An individual below stress is burning up energy at a faster pace than normal. The proper eating habits are extremely important.

Stress is known to be an universal matter as al individual experiences it in one way or another. Although it is not a big topic of conversation as an illness, not treating extreme levels of stress can have significant repercussions. Eustress can energize and motivate us, directing our

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behavior in useful ways. However, in most cases, the pressures on people are immense and most people find themselves having to find ways of coping with stressful situations in their everyday lives.

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