

輔導工作室

Tips on Stress Management

It is unavoidable to have stress in our lives. Stress is not always bad. Actually our stress responses, like accelerated heartbeat, tense muscle, are natural defense mechanism of our bodies. The responses help us stay focus, alert and have more energy to copy with or avoid the stressors. However if we expose to an extreme stressful situation, stress can cause damages to our physical, psychological and emotional states and decrease our productivity.

There are some ways of alleviating your stresses:

- ✧ To do better preparation before you face the stressful events.
- ✧ Set relaxation time: You must allow yourself to take rest and sleep in daily schedule. Restless will only decrease productivity.
- ✧ Learn to accept your own situation and don't compare with others: People have different responses and symptoms in facing stressors.
- ✧ Be positive! Negative thoughts pop up easily when we are under stress. You can confront them and think if any alternative thoughts and solutions in dealing with it.
- ✧ Do something you enjoy and feel relaxed: Give yourself a break to do something which are enjoyable like doing exercise, sharing with someone you trust or having a good meal.
- ✧ Don't depend on unhealthy ways of coping like smoking, taking drugs. It may relieve your stresses temporarily, but it will cause more damage in the long run.