



Ways to deal with stress

By: Amelia Peura



Intro: Stress

Have you ever been stressed out before? What do you do when you're stressed out? Stress is an emotion of when you either get frustrated, angry, or nervous. It can also cause some physiological or physical tension. Also stress is an emotion that you can easily feel even by the tiniest things. Like when you have to get ready in ten minutes or when you have to walk your dog. This can end up causing a lot of people discomfort. People from all different ages and backgrounds can feel stress and not know what to do or how to deal with it. Because of this they end up with even more stress and frustration to add on top of it. If you don't know how to deal with stress or maybe you don't even know you have stress in your life then you should continue to read this slideshow.

Causes

There are many causes of stress. The causes of stress can also be called stressors. Some might be small but others might be major events. A small event would be reaching a certain place on time. But a major event would be if you have to go get surgery. Both minor and major events can lead to stress. Moreover stress is not always external; it can also be internal. External stress is something that you cannot easily control while internal stress comes from inside of you. An example internal stress would be a fear of something, for instance a fear of heights. But an example of external stress is going for a job interview or moving into a house. Overall there are many different causes of stress that can affect people differently.

Health Problems

If you have too much stress in your life then it can lead to health problems. Health problems occur when an event is affecting your mental or physical health in a negative way. There are many diverse health problems that people can get due to stress. One of these health problems is sleep deprivation. Sleep deprivation is when you lack sleep. This can be caused by not getting enough sleep. Stress is one of the major factors of not getting enough sleep.

Jobs

Sometimes jobs can be very stressful: deadlines to meet, getting to work on time, dealing with customers. These can all lead to your life being full of stress. What happens when you don't know how to deal with any of it? Do you get even more stressed out? If so in this section I will be giving examples and ways you can deal with your stress.



Ways to deal with job stress

-Walk on your break

If you sit behind a desk all day then it can sometimes feel very stuffy. If this happens then you can walk around and try to stretch your legs to feel more comfortable. This can lead you to be less stressful and more attentive at work because you don't feel uncomfortable.

-Stay out of gossip

If your workplace is very toxic and your coworkers like to gossip it can take a toll on your emotional well-being. To avoid situations of people gossiping try to ignore the conversation they are having. But if you can't ignore the conversation try to either change the subject or say something positive.

School

Sometimes school can be very stressful. You have school work to complete every night, study for tests, making sure you get good grades so your parents don't yell at you, and having to wake up very early so you don't miss the bus. This can lead your life to be stressful and because of this you might not know what to do! If that's the case I will be giving ways of how to fix this.



Ways to deal with school stress

-Stay organized

Sometimes in school you have to make sure you meet your deadlines. If this happens you should know how to stay organized. You can have a calendar or planner to make sure you don't miss any deadlines. Also you can make sure you get your work done correctly and not do it all the night before.

-Find ways to calm down/sleep

In school you have a lot of work that needs to be completed. To do this you should make sure you're in a good mindset. If you are not in a good mindset your work can be sloppy and this can lead to you getting a bad grade. If this happens you should find ways that help you get into a good mindset before you try to get your homework or take a test. One way is that you should get a good night's sleep so that you are not tired the next morning.

Conclusion

Overall I think people should find ways that help them feel less stressful. By doing this it can benefit you greatly! There are many health problems that are caused by stress. Instead of being stressful all of the time and eventually having health problems, make sure you know what is making you feel this and try to fix the problem. In conclusion take care of your body and well-being so you don't end up stressed. I hope this slideshow helped you!

Credits/Sources

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