

OVERCOMING STRESS

by:

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Work in the 21st century is like raising a baby who demands everything at this very moment (Losyk, 2005). Technologies are crying out at us today through computers, mobile phones and other gadgets designed to make our lives easier.

Nowadays, our work has expanded into our personal lives. It gets worse as time goes by. It happens that the more productive we are now, the more the work increases. The division and borderline between our workplace and personal lives has become nonexistent.

Everybody is talking about stress, but nobody really knows what stress is because it means different things for each of us, and might also be different from one to another.

Stress is unavoidable and a part of modern life. Actually, it serves a purpose when it delivers us with enthusiasm for new challenges. It will only become detrimental when it is not proportional to the severity of the circumstances, and when it affects the physical, work, and social aspects of our daily lives.

Treatment for stress has to be complete and holistic that should encompass all social aspects of one's life. According to Melgosa (2020), all the dimensions of existence such as physical, mental, and spiritual are involved in overcoming stress. Here are the things that may consider on overcoming stress, as guidance:

Thought plan. Cognitive psychotherapy is the most efficient therapy in stress cases. It can be done by doing these repeatedly:

Prohibiting negative thoughts.

Choosing positive topics.

Having constructive concerns as motivation.

Discarding irrational beliefs.

Physical plan. Exercise is the most effective stress-reduction strategy. If your health allows, do vigorous activities such as running, swimming, team sports, or at least walk fast every day. Relaxing (not to sleep) for a half-hour daily is another good solution. Likewise, the occasional deep breathing is very useful to fight stress.

Spiritual plan. Mental and emotional peace are unsuited with stress. Through faith and prayer, a calm conscience can be obtained. Spend time to read the incredible stories of Abraham, Jacob, Joseph, Moses, Samuel, Jonathan, David, Samson, Jonah, Esther, Elijah, Peter, and Paul to learn magnificent lessons, and to reflect which eventually drives away stress.

Practice total health. The finest way to safeguard oneself against anxiety is to embrace a healthy and balanced lifestyle. Keeping good physical and mental condition is within the grasp of everyone.

Always nurture a positive attitude toward all things, and occupy the mind with amusing and constructive subjects. While it may appear like there's nothing you can do about stress at work and home, just remember that there are steps you can yield to discharge the stress and redeem control.

References:

Losyk, B. (2005). Get a Grip!: Overcoming Stress and Thriving in the Workplace, p.1.
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