Your Name

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**Abstract**

The paper is about social stress. Social stress is a growing problem, especially in teenagers. Social stress results in bad social relationship and other psychological disorders. With the help of a literature review, various ways have been identified to cope with social stress. Today's world, causes of social stress include; comparison between wealth, status and jobs or grades. Whenever individuals experience the number of uncontrolled changes during the short period of time the chances of social stress increases. As stress may lead to mental disorder and physical illness, therefore, special attention should be paid to the cause. A person who finds out the symptom of stress or feel social phobia should consult with the physiatrist. Besides consultation of a physiatrist, one should do exercise, meditation, smile, and laugh. Taking social support from the family and the trust ones is also beneficial. Negative thoughts must be avoided and should be replaced by positive thoughts.

**How We Can Control Stress in Social**

**Introduction:**

Social stress is the stress that becomes the root of antisocial and isolated habit in individuals. It affects the physical and psychological development of the individuals. By nature, the human is the social being therefore when the social life gets disturbed it affects the whole personality of the individual. There are three categories of social stress which are daily hassles, life events, and chronic strains. Daily hassles indicate the minor difficulties faced throughout the working day like a traffic jam, life events relate to the number of life changes take place in the short period like sexual harassment while chronic strains explain the persistent events life getting failed in the paper or unemployment. When an individual feels difficult or impossible to cope with this stress, it starts causing social stress which impacts the health of the individual both physically and mentally.

**Literature Review**:

 In the article (“Five Tips to Help Manage Stress”), various reasons for social stress have been discussed. Articles explain that stress increases when the demand placed on you whether at school, job or in the relationship. This stress can affect central nervous systems, cardiovascular, and neuroendocrine. Its symptoms include insomnia, bad immune system, high blood pressure, heart diseases, and muscles pain. Whenever an individual feels these symptoms he should use five healthy techniques. These techniques are introduced after various psychological researches. First, take the break from the stressor that is the thing which is making stress should be neglected. For instance, if the teenager is making stress at school, he should take some vacation and should take rest and avoid all the thought that making him upset. Second, he should do some exercise as it is beneficial for mental health. Third, he should smile and laugh. If the person is not feeling happy he should try to be happy as the brain has a connection with our facial expressions and emotions. Fourth, a person should take social support. To reduce social stress, support from the loved ones is important. Family and friends can help the person to eliminate his negative thoughts. Fifth, meditation and prayer should become the part of the life. Religion helps you feel relaxed from the soul. Therefore, pray to god is helpful it give strength to the self-compassion.

 In the article (Melinda), social anxiety and social phobia are being discussed. The article not only discussed the solution of the issue it also helps to understand its symptoms and treatment. Articles explain social stress as social phobia which is the fear of social situations. Social stress arises especially whenever an individual feels that he cannot cope with the situation or he has no solution to the social problem. In addition when insecurities increase and individuals find himself loser or weaker than the other people living around him. To reduce social stress, an individual should challenge negative thoughts. Second, he should divert his focus from himself to the others. Third, the individual should try to control his breathing. Fourth, he should be ready to face his fear. Fifth, take the help of family and friend and try to be social with them it will be helpful to achieve the anti-stressful lifestyle.

In the article (Sontag et al.), it is explained that feeling nervous is normal however, losing hope is not. Fear of being judged, embarrassment, sometimes leads to the avoidance of the situation. This avoidance and staying away from the events or the situations may result in social stress. Articles well defined social stress by discussing its symptoms both physically and emotionally, a situation which develops stress, causes, risk factors, complications, and prevention. To reduce social stress, the individual should get help as soon as he notices symptoms. In addition, he should prioritize issues in life and avoid unhealthy substance like alcohol and drugs.

In the article (staff), the demand of today's world is explained. We have a lot of things to do in different places. We have responsibilities at home, work, or school and when the sudden emergency comes in the way it becomes difficult to handle the situation. The body deals with challenges on a daily basis and it requires energy, extra work leads to a feeling of anxiousness, worries, fear, and uptight. To avoid stress within social life one should exercise and eat healthy food. The person should sleep well and meditate for the relaxation of mind. All these things can help in reducing social stress.

In the article (“Social Anxiety Disorder (Social Phobia) - Symptoms and Causes”), research has been made to understand the social stress in women. In adolescence social stress is normally feel during pubertal timing and because of peer stress. Girls in early mature feel it difficult to handle the peer pressure and other complicated situation. They feel emotional and physical stress. This is the age when girls become introverts and start avoiding social gathering. The author concluded that to reduce social stress in young girls, they should use evidence-based programming and therapy. Self-care is beneficial to fight with the situation quickly.

**Conclusion:**

 Social stress is a growing problem in contemporary time. With so many challenges and competition individuals often feel difficulties to handle the events which can lead to the fear of failure and embarrassment. This change in emotional feelings can cause social stress. To cope with the social stress various steps can be taken. These include; exercise, meditation, good sleeping pattern, healthy diet, avoidance of drugs and alcohol, consultation of a physiatrist, and therapy. Through these steps, it is possible to cope with social stress.

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