Health

[Name of the Writer]

[Name of the Institution]

**Managing Stress**

Stress is one of the most common things nowadays. In this society, all of us always thrive for various things like performance, competition and perfection and as a result, the individual feels stressed out. The damage that is caused by stress are often underestimated or completely ignored, and this particular condition is a social occurrence which should not only be examined but at the same, it should be assessed and treated properly. The causes of stress are various. I normally stressed out because of the responsibilities and the expectations that my parents and family members have from me. Being a student, it is quite often and normal to be stressed out. I get stressed when I do not get the desired marks or grades I feel stressed when I have to do multitasking then also I feel stressed out. For me, stress itself is not a bad thing because what I have noticed is that as a result of stress I can do the tasks more quickly and also my productivity level also increases. The problem is most of the students, and even me sometimes don't know how to manage it which leads towards some worst conditions, mood swings, sleep deprivation, weight loss or gain and ultimately depression are some of the most common consequences of stress if it is unidentified and not managed properly.

When I get stressed out, I usually prefer to do exercise and sweat it out. Exercise regulates the circulation of blood to all parts of the body including the brain as a result at the end of the exercise I feel fresh and better. Another thing that I do in order to keep control of stress is I do yoga. As it is a very well known fact that the mental state and body are closely related. That means that if the mind is relaxed then ultimately the muscles which are present inside the body are also relaxed. Yoga developed many years ago which is considered to be a mind-body medicine. The physical positions and other breathing exercises in yoga enhance the overall strength of muscles, circulation of blood and also uptake of oxygen along with proper hormone functions (Parshad, 2004). Along with that I take care of my diet properly I completely cut down Coke, Pepsi and other processed food and start eating vegetables, fruits and pulses; this makes my body to respond to it better. Multitasking also proves to be a serious cause of stress, so when I feel that I cannot manage various things at a time, I give up on those things which are not very important and do those who are on priority so that I get some time to relax my mind and body.

**Fitness**

I was not a big fan of exercise or to take care of my fitness. I used to, and still I eat a lot of junk foods and other processed food which results to create various problems inside my body, and I did not even know about them. Until recently I realised that I do not have enough strength inside me, I get tired quickly, and I am a big fail when it comes to physical tasks like holding some heavy things and most importantly I was unable to sleep and there was continuous pain inside my body. I gained weight and looked much older as compared to my age, because of too much consumption of junk food the blood glucose level was also high inside my body which was an indication that I may have type 2 diabetes. I was stressing towards small things which ultimately leads towards depression (Scully et al., 1998). I was facing the issue of lack of endurance I was not consistent and also not so thrilled to get my things done on time. Then one day I decided to do all my tests and get things checked, and when the reports came, I was astonished. At this age my blood cholesterol level was high; I was anaemic, and also my muscles and bones were weak as compared to my age. Then my doctors told me to focus on my fitness rather than taking medications. Afterwards, I started to read about the advantages of exercise, and I came to know that along with physical benefits there are various mental advantages which are linked with exercise.

Exercise helps to cure mild to moderate level depression as effectively as medications which are used to cure depression. In addition to coping with depression research also proved that exercising also prevents the individual from worsening. Exercise is the best way to cope with depression because it enhances the changes in the brain, reduce the inflammation and activate such patterns that ultimately calms the mind and body. Along with that exercise helps in weight reduction by burning the fats that are accumulated inside the body, it helps to improve the coordination in the neuro muscles and helps in maintaining the strong skeletal structure. It helps to make the immune system of an individual strong which gives the body the type of strength that is required to fight pathogens and protect itself against various types of diseases. So after doing exercises along with regular walk from home to market and also to school,, I noticed various positive changes inside my body. I felt that I am no longer falling sick quite often and also my consistency towards my tasks was also getting better with each passing day. Now I exercise on regular basis and also I have made this routine to drink at least 8 glasses of water in order to keep my body hydrated because during exercise along with all the toxins that are secreted from the body we also lose water so in order to keep a balance I prefer to drink at least 8 glasses if not more (“Mental And Physical Benefits Of Exercise | HuffPost Life,” n.d.).

**Nutrition**

 Eating an unhealthy diet have certainly dire effects on the health of the individual. I used to eat junk foods, coke and processed meat quite often. I was so used to use these foods that I could not remember the last time I had vegetable and fruits. And the result of all this was quite clear on my skin and overall health. Weight gain, low stamina and depression were some of the most common cause that I was struggling with. Then I decided to focus on mnutitione, and I plan to draw a plan and follow that strictly. As it is a proved fact that food management is helpful in weight management also and there are some very clear health benefits of doing it, so I started to eat a lot of vegetable and fruits. I cut down the consumption of coke and fast food from my diet and instead I started to drink water and green tea. Although these are also fluids and certainly they were not fulfilling the nicotine desire and also the temptation of drinking all the unhealthy foods were there, but I was firm that I had to control these temptations and switch my diet towards more healthy things. Eating chips, ice cream, pizzas are not only hazards for the physical health by causing many problems like obesity, tooth decay and sometimes as serious as cancer so I started to cook food at home and made my food at home by using less oil and fewer additives (“12 Steps to Manage Your Weight - Weight Center - EverydayHealth.com,” n.d.). All these activities not only helped to make food for myself which are clean and healthy but at the same time I started to distract myself from all thetensons, and at the same time I was performing physical activity and doing exercise. This proved to be healthy not only my body but at the same time for my mind as well. It is quite obvious that to have a healthy life and live long healthy and balanced diet are very important (“Managing your weight with healthy eating : MedlinePlus Medical Encyclopedia,” n.d.).

**Disease Prevention**

 Disease prevention is a method through which an individual especially those who are at risk of diseases are treated. There are various types of diseases some diseases are infectious while others are inherited and there are other diseases that are mental and physical. It must be kept in mind that the treatment processed of these diseases are not the some; their diagnosis and also their treatment procedures are quite different. Genetic diseases are most common , and they must be treated differently there are various types of genetic disorders like hemophilia, type 2 diabetes etc. and these are caused when a defective gene from the parents transfer in to the offspring and at that time it is almost impossible to cure the disease so it must be kept in mind that there are various blood tests that help to diagnose and then treat these diseases (“Disease prevention - Latest research and news | Nature,” n.d.). For example, in my case, my parent's high blood pressure and they are heavy in appearance, so I also have the same issue although it is not fully known that obesity is a genetic disease, there is evidence available that this particular clinical disorder is a genetic problem. So I will make sure that before my marriage I will talk about these conditions with my partner in order to make her comfortable and there are certain diseases which treatments are only possible when both the partners are involved fully (“Disease Prevention and Health Promotion,” n.d.). So along with following a proper diet, stick to medications I also have a proper plan to deal with genetic problems.

**Getting Life in Order Before Dying**

 Death is something which has to come if not today then tomorrow and also accidents are also unavoidable therefore it is very important to get medical insurance without any delay, health insurance along with covering various costs also covers essential health benefits which are quite critical in order to maintain a healthy life and also to treat different diseases and accidents. Nowadays the emergency rooms cost a very high amount of money, so health insurance also makes sure to protect individuals from any unexpected high medical costs. When your health insurance is done, that means that you get various preventive care like vaccinations and other home check-ups (“Why is Health Insurance Important? | American Heart Association,” n.d.).

DNR is another thing that I am considering even at this stage of my life. Being a child of a middle class my parents do not have very much money and they are struggling hard so when I will grow up I will try hard to earn money and if by the end I will have enough possessions and money so I will leave them all for a responsible child of mine this way that child will also have all the facilities, and hopefully he will not work as hard as I am planning to do (“Understanding Do Not Resuscitate (DNR) Orders - Brigham and Women’s Faulkner Hospital,” n.d.).

Plan

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| Stress | ExerciseAvoid MultitaskingGive time to Me |
| Nutrition | Health and Balanced DietNo fast foodVegetable and Fruits consumptions |
| Fitness | YogaExerciseCook food to Myself |
| Life in Order Before Dying  | Health insuranceDNR |

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