Stress and Coping

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03-05-2019

 There have been various studies which report that stress and health are directly related. In this specific article, the writers conducted a study in which they researched upon 148 youngsters to unveil how long-term stress is interlinked with mental and physical health being disturbed. One more thing that the researchers employed in this study is studying the variable (forgiveness) and how it helps in coping with stress. Their results showed that the greater the adult had been exposed to an environment which dealt with stress the more physical and mental health concerns were present in his/her life, (Toussaint, Shields, Dorn & Slavich, 2016). The researchers found that an element which was found to be helpful in coping with lifelong trauma and stress-related mental and physical problems was forgiveness. It was also found that by practicing 'forgiving' it was possible to improvise the mental and physical health constraints which had terrible side effects on the human brain.

There are certain events in a person's life which give him stress and anxiety and though it might not be evident at first side or for the time being but this stress can dismantle a person's mental abilities and make him suffer from long term depression in the later years. Toussaint and his fellow colleagues state that events such as marital break-downs, harassment, bullying, abusive partner's or parents, can be a trigger of stress. And often people use medications to deal with this stress. However, they found from their research that if these people were just to forgive themselves and the people who did them wrong, it would make them mentally and physically more stable. This article is very productive and presents a very thoughtful and practical insight about coping with stress which might be beneficial for everyone if implemented accurately.

References

Toussaint, L., Shields, G., Dorn, G., & Slavich, G. (2016). Effects of lifetime stress exposure on mental and physical health in young adulthood: How stress degrades and forgiveness protects health. Retrieved from http://www.uclastresslab.org/pubs/Toussaint\_JHP\_2016.pdf