Name

Instructors’ Name

Course Title and Code

Date

How Do You Reduce Stress?

Stress is an inevitable part of the life of every person and specifically the students. However, we can make the effort of controlling and managing the stress, by utilizing the skills of self-awareness and self-management. In addition to it, the four A’s of stress reduction, also prove greatly beneficial in the cause. The four A’s include avoid, alter, adapt and accept. Completing the course assignments is one of the most important parts of the academic requirement; however, it causes great stress to me. I utilize the adapt A of stress reduction, in order to achieve my motive.

Being a procrastinator in studies, I keep delaying my course assignment till the last day of submission, and then I become stressed, thinking that I would not be able to submit it on time. I do not purposely delay my work; however, I am able to work under pressure. Adapting this fact has provided me with the opportunity to become comfortable with it. This is my strategy for coping with stress. I keep working on the assignments by searching for helping notes and make a list of the important point. I complete the background research of the assignments beforehand and then compose the assignment on the last day of submission. I do not leave the whole work on the last movement, but adapting the strategy of stress reduction has enabled me to manage my work.

In addition to it, I have made some activities part of my lifestyle, which significantly reduce my stress level. I regularly exercise, as well as listen to music. I also take a healthy diet, which not only keeps me energized but fresh as well. Moreover, I keep my work station organized, which greatly helps me stay focused, composed and concentrate on my work. I try my best to deal with stress in a healthy manner.