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Dealing With Stress

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Dealing With Stress

Yohana Bueno

Nebraska College Preparatory Academy

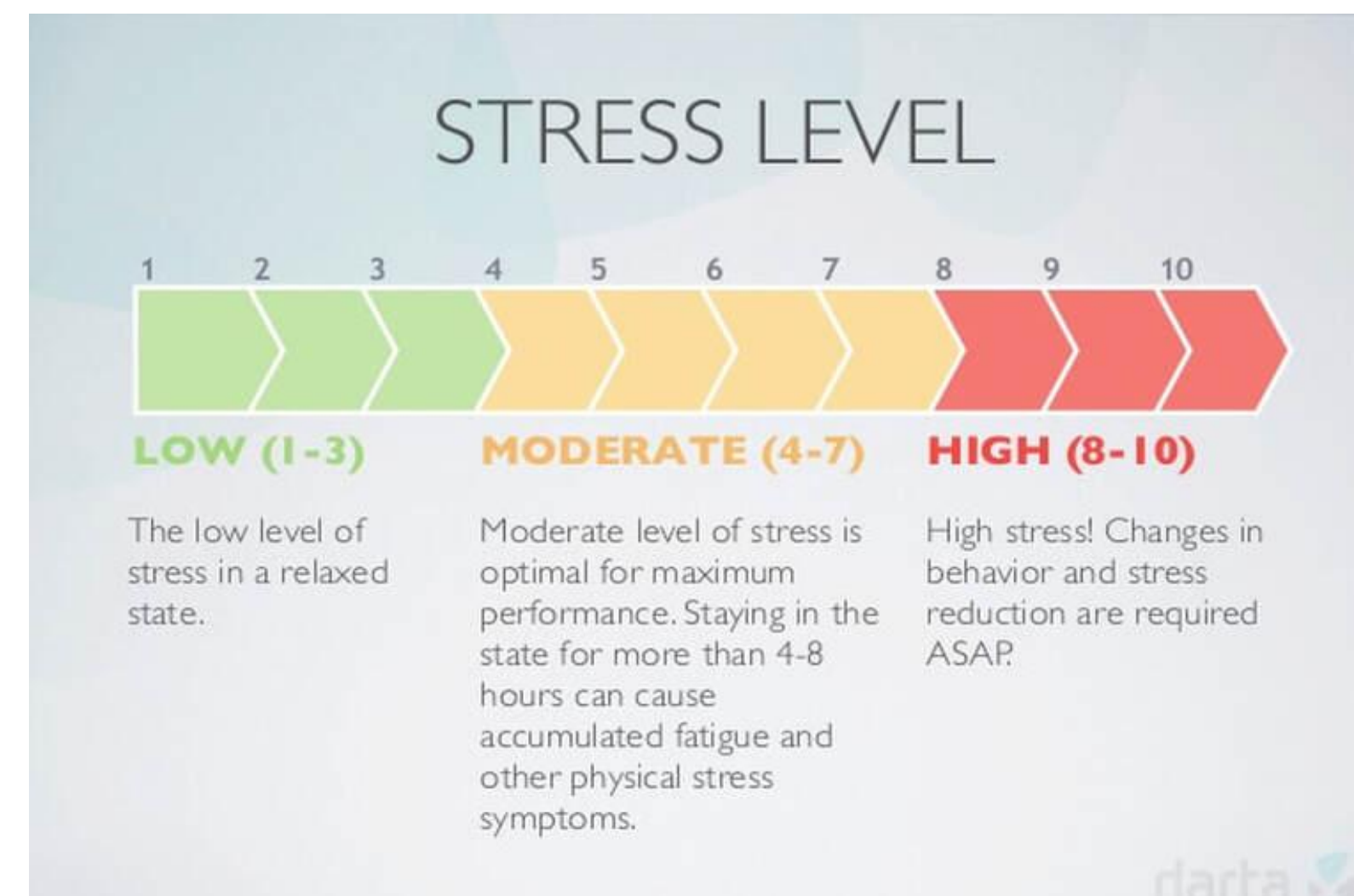
Grand Island Senior High 2022

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ABSTRACT

“Stress is a physical, chemical, or emotional development that causes strains that can lead to physical illness. "There are many factors that can cause stress (examples include: work, school, and family or relationship problems). If unmanaged, it can be very dangerous. It is important to be able to cope with your stress in order to live a healthy and happy life. The research demonstrated different ways of coping with stress.



Easy ways to determine your stress levels! Meditation Magic. (n.d.). Retrieved April 18, 2022, from <https://www.meditation-magic.com/blog/determine-your-stress-levels>

KEY POINTS

- Stress can cause effects to your body and even diseases like high blood pressure, skin disorders, diabetes, depression, and other diseases involving the nervous system.
- Many people today are more stressed; sometimes caused by not knowing how to separate work and play.
- Options that can help you cope with stress include: eating healthy, spending time on hobbies, and exercising.
- Many medications have been designed to help with stress levels e.g. Antidepressants, PTSD treatments, and medications like Prozac and Lexapro. Drug dependence is an important factor when considering medication.

CONCLUSION & DISCUSSION

Stress can help you keep things in track but it can also be very harmful, not only to your mental health but eventually can become harmful to your physical health. There are many factors that cause stress and learning how to manage them is extremely important. Many options are available for you to try. I have learned about a few of those options like exercising, and focusing time on hobbies. I have also looked into the pros and cons of each of them and I agree that all of these options can help many people through this process. I would like to keep researching in the future to see which option benefits me and others the best and look into new ideas that are being developed.

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