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Research Essay

*Stress Matters*

Lee Iacocca once said “In times of great stress or adversity, it’s always best to keep busy, to plow your anger and your energy into something positive.” The tension or pressure that demands certain circumstances becomes a negative aspect that results to stress. Positive stress helps in accomplishing goals and provides motivation. When we come to a mental or emotional state, your reaction to stress matters. Whether it is in a positive or negative way, your reaction can help in worry and trouble. Instead of containing stress into a pessimistic attitude, learn to make stress a positive impact which can help when making life decisions. Creating positive stress can result to a healthy lifestyle, improve an optimistic attitude, and overcome repetitive pressure.

When we stress, we don’t necessarily think of a solution or response to it. Having a healthy lifestyle does not only mean staying fit and eating nutritious food, but also having a healthy mind. According to a stress management research in Mayo Clinic, there is a vast effect on health for positive thinking. Researchers explore the benefits that include increased life span, lower rates of depression, reduced risk from cardiovascular disease, greater resistance to common cold, and better psychological and physical wellbeing. The stress hormone, called oxytocin, releases comfort when you have a belief in overcoming stress. When thinking positive

about situation you react better to cope with difficult situations. When stress is managed in a healthy way, it reduces risks of harming the body.

Although it takes time and practice to change our attitude on coping with stress, there are ways to improve positive stress. Kelly McGonial, a health psychologist, suggests to “focus on making stress your friend, rather than your enemy.” Take time to stop and evaluate what you are thinking. If you find that your thoughts are mainly negative, identify areas to change and approach it with an optimistic view. When you check yourself, practice positive self-talk that include words of encouragement. Think back to factors of motivation and consider a plan to help your accomplishments. Surround yourself with positive people that can help you seek laughter, comfort, and helpful feedback.

Whether it is at home, school, or work, the pressure of colleagues and friends can be a pain. In a recent interview by current college students, it was undeniable that many of them dealt with stress. When asked what causes them stress and how they respond to it, three of them resolve it by being preoccupied with friends and family, and two of them said to forget about the stress and stay isolated. On the other hand, stress is caused by similar factors such as school work, family problems, or having a job. Overcoming repetitive pressure can increase time management for ourselves. Find a balance in work, home, and school so you can overcome pressure. Being able to share your stress, will let others be sympathetic of your situation. Your friends and family surround you with positivity that help you find comfort.

A balance in life does not only occur physically, but mentally as well. There are many ways to have positive stress in our lives, many that we can change and improve. William James once said “The greatest weapon against stress is our ability to choose one thought over another.” Take a look at yourself and remember the wellbeing of thinking positive while stressing. In times

when anger strikes, plow all the negativity into an optimistic attitude. Improve a healthier lifestyle and be open to humor that can seek encouragement from yourself and others. Whether it is a small or big focus of area, your reaction to stress matters. Find meaning rather than discomfort in stress and you will see yourself responding and making stress a positive impact in your life.