

Exemplification Essay About How to Cope With Stress

Are you stressed out? Well, you are not alone. We all experience stress and have different ways of dealing with it. Many of us use physical activities such as sports, athletics, or exercise to cope with stress. Others seek recreational activities such as going to the movies, to dinner, concerts, or other forms of entertainment. If you have tried any of these examples and are still stressed out, then I have the perfect thing for you. My ten simple skills for quick effective stress relief:

#1. Learn to relax. While this may sound almost too simple to believe, go ahead and give it careful practice. Relaxation benefits not only your physical condition, but your mental and emotional states as well.

#2. Fight the stress. Eating a balanced diet keeps us feeling fit. Every day you should eat a variety of foods such as fruits, vegetables, whole grain breads, cereal, lean meats, fish, poultry, and low- fat dairy products.

Avoid excessive sugar, salt, fat, caffeine, alcohol, and crash or fad diets. The food pyramid is an excellent source for healthy eating.

#3. Quit smoking. Nicotine doesn't relax you; it increases nervous irritability. While quitting a habit can be a stressful process, you'll feel much better physically and mentally once you've quit smoking.

#4. Change your outlook. In addition to the daily events that cause stress, your thoughts and behavior can add to your problems. Does a simple setback cause you to think that you're a total failure and you're never going to be successful? Does a bad date lead you to believe that you're going to spend your entire life alone? Are you a passive person who lets others walk all over you?

#5. Keep a positive attitude. Focus on the positive side of the situation.