

It's Your Move

Strategies to managing life's stress

As stress starts to build in your life, you may begin to deal with it in harmful ways without even realizing it. Perhaps you feel weighed down by responsibilities. You may find yourself increasing your alcohol intake or withdrawing from your friends and family. To get rid of the negative impact unhealthy coping methods can have on your life, it is important to be aware of what they are. Here are several clues to help you identify the potential problem areas in your life.

Shooting steam

Maybe you know people who become explosive when they are under the smallest amount of stress. It is good to remember that anger only increases the tension and anxiety in you and the people around you. It never helps fix the situation. If you feel your temper starting to rise, quietly leave the situation for a few minutes. If leaving isn't an option, count to ten in your mind before responding to give yourself time to cool down.

Soaking wet

You may find yourself drinking excessive amounts of alcohol when you are under stress. Although you might justify your actions by saying alcohol helps you relax at the end of the day, it is harmful to your health. If you feel dependent on the temporary relief alcohol gives you, you might need to seek help through an organization such as Alcoholics Anonymous. Using alcohol to forget your stress only temporarily puts off solving the problem. Set down the drink and face your worries to ensure that they do not worsen.

Bottling up

It is important that you don't internalize when you are feeling stressed. Holding in your frustrations can cause you to brood and make the problem out to be worse than it really is. Let out your stress through writing in a journal or by talking to your spouse or a good friend whom you can trust. You will find that you feel immense relief after letting go of your frustrations.

Careless tactics

Have you ever gotten so frustrated that you said you just didn't care anymore? It may be tempting to throw up your hands and leave the stressful situation, but in the long run, you will feel better about yourself if you deal with the problem immediately. Don't belittle your worries and anxieties by ignoring them. They will only fester if you push them aside. By taking the time to deal with each minor stress you encounter, you will find yourself better able to cope with your major worries. There are many ways of dealing with stress that are not beneficial to you. The next time you find yourself frustrated, check to make sure that you are not coping in a negative way. You will find the stress diminishing as you learn to handle the pressure in a positive fashion.