

# Personality and Stress

Your pulse is racing, your heart is pounding, your head aches. You massage your temples, hoping to drive away the pain. You wonder what kind of virus could possibly be causing this agony, when it hits you: stress.

The result of many situations, stress can sneak up on you. So are you doomed to a life of uncontrollable attacks? Of course not. The key to beating stress lies within us all. A little self discovery is all it takes to unlock the door.

## **Who locked the door?**

Stress is a matter of perception. Some people rarely feel stress, while others are crippled by it.

Keep in mind that some stress is to be expected in all of our lives. It is a sign that we care and are concerned about our work and families.

Stress can be a positive force in your life that propels you forward. Many roads to success are laden with difficulties. Avoiding stress is not the answer. The key is in finding the solution.

## **Finding the key that fits**

You've surely heard the repeated saying "Just relax. Don't let it get to you." But how are you to accomplish this seemingly Herculean task? Always keep in mind that you are an individual. Playing tennis might keep your neighbor relaxed, while you dread being out in the scorching sun.

Don't try to fit into somebody else's mold. Your friend Steve may hate accounting, while balancing your checkbook takes you away from the daily grind. Don't avoid indulging yourself in constructive yet relaxing tasks just because others may find them unpleasant.

## **Opening the door**

Once you decide what is most relaxing to you, you can discover what truly makes you tick. Look at your job. Which tasks do you enjoy so much that you find yourself forgetting about the time? Try to incorporate these kinds of activities into your leisure time.

Finding out what causes you to react the way you do can be enlightening. It doesn't take a lot of thought or time-consuming research. Once you make the discovery, you'll probably notice the words "stressed out" disappearing from your vocabulary.