

HOW TO OVERCOME STRESS IN OUR DAILY LIFE

There's a lot going on in this world. In fact, there's probably a lot going on in everybody's life at the moment. So much work to do for so little period of time. Each day we face many different hardships, and as we work through our problems we need to fight through stress, anxiety, fear, anger, frustration, overwhelm and a plethora of other emotions. These emotions leave us in a frantic state, which negatively affects our health and hurts our ability to make right decisions.

What are the main reasons for stress and frustration in our life? A freelance writer Alexia Severson [1] specifies seven unnecessary causes of stress and depression. She says that replaying stressful situations in our mind over and over again makes us relive the stress we have already experienced. Furthermore, one of the form of dwelling on the past is worrying about the money we have already spent. "You can't unspent the money," Gruver says. On the other hand, many people feel stressed out because of worst-cause-scenario thinking. Gruver underlines: "Focusing on the possible negative outcome of a situation only projects negative thoughts into the future". However, the main reason for stress and frustration in the life of a student is procrastination. Everyone procrastinates for different reasons, but in many cases, people put things off because they feel overwhelmed by or scared of what they need to do. Moreover, it is no wonder that even a messy room or a cluttered office or any other type of clutter in our life can make us feel stressed. Finally, "When you're over lurking on social media, you're comparing yourself to others, which causes stress", says Stephanie Mansour. We are grading our self-worth and self-esteem based on what we see from other people, not on our own benchmarks for success and happiness.

What should we do to overcome stress and depression? Larry Lewis in his article "Staying Calm in Difficult Circumstances" [3] tells us about his method of calmness. Firstly, we should identify the stress. Reflect for about 10 seconds, hold on to our reactions, and think what it is that's really bothering us. Secondly, we should choose our response and remember we cannot change the situation, but we always can change our bad response to it. Here are some questions we can ask ourselves: Does it matter? Am I overreacting? Will my reactions create the best result for me? Is this actually important? Thirdly, we have to make the right action, meet the source of our stress head-on; but only when we are ready, having taken time to think things through.

Steven Kuh in his work "10 Tricks Successful People Use to Stay Calm in Stressful Situations" [2] argues that remaining positive, looking at obstacles as opportunities to learn and at tough assignments as chances to show the world (and especially your boss) what you are made of, can make you feel more comfortable and calm in difficult circumstances. He also specifies one tactic successful people use. It is back-casting, where they think about the final objective they are working towards and identify each step they need to make on the way to achieving it. In other words, they make their own plan to achieve their life goals.

Overall, in this life everyone has plenty stressful situations and it is important to know how to cope with them. We believe that our own decisions cause most of the frustration and stress in our lives. Procrastinating, negative attitude, worrying about money, worst-cause-scenario thinking are the actions that lead us to stress and depression. So, if we want to decrease the amount of stress in our life, we need to start making right decisions today.

REFERENCES

1. Severson, Alexia. *7 Unnecessary Causes of Stress* [Electronic resource] — Access mode. — <http://www.healthline.com/health-news/unnecessary-causes-of-stress-and-how-to-avoid-them-041014#3>
2. Kuh, Steven. *10 Tricks Successful People Use to Stay Calm in Stressful Situations* [Electronic resource] — Access mode. — <http://www.lifehack.org/articles/productivity/10-tricks-successful-people-use-stay-calm-stressful-situations.html>
3. Lewis, Larry. *Staying Calm In Difficult Circumstances* [Electronic resource] — Access mode — <https://www.healthylifestylesliving.com/enlighten-the-soul/stress-management/staying-calm-in-difficult-circumstances>