

Stress

Many persons think stress is something bad, but not all the time it is, sometimes, this can help, to make things in a better way, an example is, when in a situation, you are in stress, your mind can be blocked, but, if you know how to use it for your good, this can help, therefore, it is important to know, how to control the stress.

where do I feel in stress?

When...

- I need to do some homework, and I don't know about this topic
- I need to study for an exam, presentation, etc.
- I didn't do the homework, or I forgot something that they asked me
- Something doesn't go, who I planned
- I need to talk in public
- I need to participate in an activity, and I don't know how to do
- I overthink
- I need to do a project

what do I do to control it?

- I take some time to deep breath and delete all my negative thoughts
- I walk away from that situation
- I organize all the things I need to do

I do think I like, for example:

- I listen music (i have a playlist of my favorite music)
- I draw and paint
- I do yoga
- I talk with a friend or psychologist
- I take a shower
- I go out for a walk, alone, with music
- I meditate
- I cook, almost always deserts
- I watch a movie
- I eat something I like
- I take some time for me

I don't these things, but if I didn't put them, the essay was going to be very short, I didn't know what to put anymore, 400 words are a lot :,)

Sometimes, I don't how to control it, and I explode, hurting other people when this is not my intention.

Now, I am working, in control of it, because I don't want to hurt other people, is very easy to make me feel stressed.

What I do the most is use the cell phone, so my time goes there, and I procrastinate on everything I have to do, stressing myself out more.

Always falling into that circle, and I repeat it over and over again.

Those things are what I would like to do, but this vice does not allow me, no matter how hard I try to get out, I cannot.

Professor, an apologies for "Cantinflear" but, the 400 words could not be completed.

Postscript: I don't know what to put

THE END