

TRANSFORM YOUR STRESS INTO AN ASSET

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“It’s not stress that kills us; it is our reaction to it.” -Hans Selye

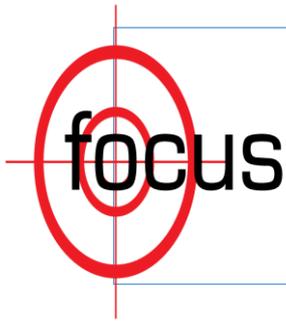
Stress is unavoidable; it is a feeling of emotional or physical tension which is faced by every individual in all phases of life. *“We live in a world of on-going worry, change and uncertainty. You have to get used to it,”* says Justin Menkes, author of *Better Under Pressure: How Great Leaders Bring Out the Best in Themselves and Others*.

Stress has a great impact on your life and health. It is an inevitable part which is faced in our personal life or professional life. It has a positive or negative impact depending on how you use it. How you manage the pressures can distinguish you as a leader and give you a career advantage.

It is important to recognize the main reason for worry. The reactions and tension in our body is created when we give too much of importance to a particular activity or a task assigned. If it didn’t matter then there won’t be any kind of worry. You need to understand that stress is unending but all you need to do is don’t panic and think on how you can deal with it.



Mindset is something which is important in dealing with stress. Our brains work faster when we are positive and happy while doing our work and if you are negative or worried, your brain limits the ability to think and react on situations.



Focus on what can be controlled and what cannot be controlled. There are situations which are under our control and which can be avoided, but at times there are situations which is beyond our control. We need to identify the things and differentiate in which can be controlled and which cannot be controlled. It makes our goals easier to achieve and solve the stress.



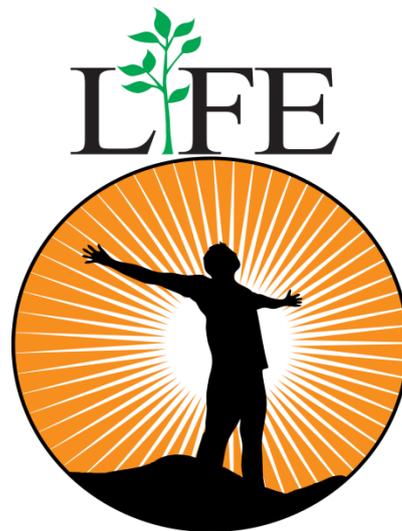
Network of support is the support system which is helpful in dealing with stress. There is an emotional connect which is being built with a lot of efforts over time with a few people. They are the ones you can turn up and speak whenever you feel there is stress.

Do's

- Back yourself to win
- Surround yourself with success stories
- Get moving.
- Exercise

Don'ts

- be paralyzed by illogical fears.
- let the negative voice take over in your head.
- make stress your identity.
- Compare yourself to others



It is important to know your strengths and weakness clearly and develop an approach to deal with stress. Always stay happy and deal stress with a smile. Try ways like meditation, listen music to stay calm and relaxed in all situations so that you can be more productive. Do things which make you happy and excited. Feel the fresh air and forget all the worries as stress is a part of life, it is on you how to turn the stress into Asset. The right attitude is very important in dealing with stress.

“God will never give you anything you can't handle, so don't stress.” -Kelly Clarkson