



Anura's Plan for Stress Management

The purpose of a stress management plan is to have ideas and a plan on what to do when you are really stressed out and a plan on what to do when you are really stressed out and are not able to calm down and relax. A stress plan is important for everyone because everyone deals with stress at least once in a lifetime or more than one. When you are stressed out you can't think of anything which makes it difficult for people to cope with stress. Some strategies you can use to cope with stress is relaxation and deep breaths, swimming, and writing about anything that comes to your head.



1 – Deep Breaths

The first strategy to manage stress is deep breaths. I choose this strategy because taking deep breaths help you calm your nerves and relax your body. This is a calming strategy as deep breaths help you calm your heartrate and mind. This strategy can be used anytime when you are overwhelmed or stressed out. Simply noticing your breaths while you close your eyes can do a miracle. Just Breathe it out!



2 - Swimming

The second strategy is swimming. Not everyone knows swimming so, for people who don't know swimming there are other alternatives like a walk outside, listening to music and relaxing, exercise or cycling. I chose swimming as a strategy because swimming helps people freshen up, have a peace of mind and divert themselves from the tension and stressor. Plus, swimming is also a workout so, it helps you stay fit. This is a physical strategy because swimming involves physical movement. This strategy can be performed when you are stressed out and a pool is convenient to you.



3 – Writing

The third and last strategy is writing. Who thought writing down your thoughts and feelings could help you gain control of your emotions and improve your mental health? Writing and expressing yourself through your writing helps people take a grasp on themselves and understand things clearly. This strategy falls in calming and physical strategy as it helps people calm down and also requires hand movement as you are writing. You can use this strategy anytime when you are stressed out and don't feel like moving around.

In conclusion, a stress management plan is important because a stress management plan helps you get ideas on how to cope with stress when you are really stressed out and can't think of anything. The strategy that worked best for me was writing. Writing about how I felt made me feel better. I would recommend the writing and deep breaths to my loved one because writing would help them calm down and express themselves and taking deep breaths would help them slow down.

References

cdc.gov

Image 4: https://www.google.com/url?sa=i&url=https%3A%2F%2Fthriveglobal.com%2Fstories%2Favoid-stress-and-burnout-by-writing-a-book%2F&psig=AOvVaw3ck7QI_w2_f6cYdubdyNSs&ust=1600386644272000&source=images&cd=vfe&ved=0CAIQRxxqFwoTCIi_jaXv7usCFQAAAAAdAAAAABAD

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Image 2: <https://static01.nyt.com/images/2016/10/21/well/breathing1/breathing1-jumbo.jpg?quality=90&auto=webp>

Image 1: https://www.google.com/url?sa=i&url=https%3A%2F%2Fndnr.com%2Fmindbody%2Fjun-09-holistic-techniques-for-stress%2F&psig=AOvVaw30B9_P_c5gZd6rae6SjgH&ust=1600384825156000&source=images&cd=vfe&ved=0CAIQRxxqFwoTCMIj-sj_o7usCFQAAAAAdAAAAABAD