



Managing stress in everyday life!

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Stress, in varying extents, can be experienced by anyone regardless of their age or gender. It is okay to experience stress. However, it does matter how one processes it – whether positively or negatively. Experiencing stress to a small extent in everyday life allows you to tackle daily challenges and motivates you to pursue your goals, ultimately finding meaning and happiness in your routine. On the other hand, if stress is not managed well, it can be harmful. This is when different strategies should be implemented to relieve stress, such as exercising, spending time with family, socialising with friends, reading books, and employing horticulture therapy.

Not only does exercising help you improve your physical health, but it also stimulates brain chemicals like endorphins, making you feel happier and less anxious. Focus on how you move your body and try to sweat. By exhausting your body, you can relieve any inner tension and distract yourself from feeling any stress.

Spending time with your family is also a good way of relieving stress. As a family, you can travel and do activities together, or even talk on the phone or face-to-face. Support from your family can be one of the biggest motivations and energy sources that keeps you going. However, those who cannot always reach out to their families have many other possible ways to look after themselves.

Interaction with friends or peers is another method of controlling stress. Having a talk on what you are going through and how you are feeling right at that moment provide social supports, allowing yourself to be relieved and soothe away the stress. This potentially prevents isolation and loneliness when dealing with your own stress.

Another strategy is to read a book. While reading books, you can be away from any thoughts and anxiousness that bothers you. Only your imagination is required in that moment. Reading helps lower the stress level by engaging your mind and concentration on the words and the flow of the story. This would potentially lead to relaxation and calmness.

Those who are unable to utilise any of these strategies can apply horticulture therapy in your life. This is a type of therapy that involves plants. Just sitting outside in the backyard, or visiting a garden, or even sitting at a park lets you feel the freshness that the greenness of flowers and trees give. You are surrounded by nature and through sensing the smell of the air, the weather, the sound of nature and the liveliness of the surroundings, you can calm yourself and potentially relieve stress.

So, don't stress about your stress; instead, embrace it and approach your next step.

Know and be proud of yourself

MANAGING STRESS IN EVERYDAY LIFE



Play musical instruments



Read books



Spend time with family



Exercise

Socialise with friends



Horticulture therapy

