

Personal Reflection Journal Entry

5 pages | 1075 words

Throughout times of our lives we handle tension. For circumstances, we stress about things from home, monetary situations, and jobs also. I know in handled tension in the past and also handling it today. I attempt to discover numerous methods with coping with my stress by exercising or doing other things to reduce the excessive tension. The term stress is the reaction of people to stressors. Stressors are occasions that threaten people and tax their coping abilities. I remained in situations where my coping abilities were threaten. For example, in 2015 I was going through a time I had major damages to my automobile where I could not drive for practically 2 months. I didn't deal with it extremely well because I needed transport to get back and forth to work; I was quickly going to school as well. During the 2 months all I questioned was, how I was going to get my vehicle repaired and how was I going to come up with cash. By doing that made things worst. Another stressor I've dealt with was, handling being unemployed for 6 months. It was times I dealt with and other times I didn't do so well with it. I didn't stress about being jobless at the beginning because I was fine financially and if I could not discover anything I might constantly reapply to my previous employer in 2 months. Things got worst when I found out we were moving as soon as again and my mama didn't have the money she required to prepare to move once again and started to worry me. The reason why I because, don't like to see my mommy battle and as I embrace being the guy of home I begin fret about getting a job and developing the cash to assist my mommy out. I tried to attempt to get my old task back which I felt optimistic about the interview, however as I was waiting patiently for a call I never ever received one. So I decided to call them and they decided to go with another individual for the job. I was extremely disappointed and lost concentrate on other things I had to handle in my life. When I was faced with stressors, my body readies itself to handle the assault through a number of physiological changes. The term General adaptation syndrome (GAS) is the common effects on the body when stressors persist. The GAS of three stages: alarm, resistance, and exhaustion. My stress in my life caused me to loss my appetite at times, stayed to myself; and didn't want to talk about my issues. The stress on my Immune System didn't cope very well. On the job dealing with being critique and major task changes lead to having migraine headaches and a more sinus infections. Environmental Factors whether its big or small produces stress. Life events and daily hassles are things we deal with regularly. One of them is the lack of study-time I had when I first started college a couple of years ago. That came about by me working crazy hours at work and I couldn't...

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