



## **Personal Stress Management - Get Rid Of Stress In Your Own Way**

It is always to recognize the signs the symptoms when you are in the throes of stress. Many people misunderstand the true definition of stress and would resort to medications and herbal remedies just to get rid of it without even trying to find out what started it in the first place. Being hasty will only lead to temporary results and will return once the effect of the medication has run its course.

Personal stress management involves making your own routines that will allow you to cope with problems and avoiding a possible occurrence of stress in your daily life. Here are some tips on how to get rid of stress in your own personal way.

### **Understanding is the key to enlightenment**

The first step in personal stress management is to know what stress really is and how it can affect your life. For starters, stress is a scenario or events in your life that will affect your emotional, mental and physical faculties in a negative way. Most often, stress starts off with the mind, branches off and affects your emotions, and if left uncontrolled will then begins to take its toll on your body.

Try to take some time off to reflect on what problems in your life stresses you out. You can write a diary and state all your problems there then try to analyze it one-by-one. If you can narrow the cause of your stress then you can easily find ways in getting rid of it. Talking with a close friend or a family member about your problems is also a great way to deal with it. Since stress are bottled up emotions, you better find ways to release it before it blows up inside you – which is never a pretty sight.

### **Help yourself**

Now that you found out how stress affects your life, all that need to do is to make it go away. Resorting to medications or tools will only lead to temporary results, you need to choose a more permanent approach, and that is your mind. Stress usually rears its ugly head when we start to think about it. If we let our problems control you then you will the effects of it almost immediately.

You need to relax and face stress head on. Identify that causes it and find a solution one at a time. You may use music therapy to help you relax, or meditation to clear your mind for a fresh start.

Aromatherapy can also help in relaxing your mind. Certain scents like lavender and jasmine are proven to have a calming effect and can help you keep a clear head. This is practically useful if you plan to sort through all your concerns and try to find a solution for each one.

### **Start small**

Problems are usually a prelude to stress. The more the problems pile up, the more stressed you will eventually become. If a certain event enters your life, whether career or personal, try to take care of it as soon as possible. Don't let your work pile up or they may become too much to handle later on.

The secret to success in personal stress management is to identify the causes of stress in your life. Find a self-made routine that can help you deal with it and cope with future problems that will surely give you a house call.