

Topic 4 DQ 2

Think of a stressful time in your life. This can be anything from having a big assignment due, participating in a sporting event, or your experiences during the 2020 pandemic. Explain the situation and provide two examples of healthy coping mechanisms that you used during this event (or that you could have used during this event). Discuss how this relates to what you learned about stress from your readings.

Several things that are happening in my life right now, things that have occurred in the past, and things that are going to happen in the future cause me to feel stressed out. I have realized that I need to let things go and stop getting worked up about the things that happened because they are now in the past. Another thing that I have picked up is to avoid going into the future because it has yet to happen. Now a period when I felt the most stressed out would be while I was at school right now. I've learned that asking for assistance is a healthy way to deal with difficult situations. I am attending school full-time, working full-time, and almost 23 weeks pregnant. In addition, my husband and I are the sole proprietors of our own company, which we run together. You can probably understand how busy I am right now because of this. When I'm feeling anxious, one of the excellent coping skills I've learned is meditating on my breathing. I step away for a short while and then return to it after I've had time to meditate and chill out. I have discovered that the coping mechanisms I utilize benefit me, and I will continue to use them (Grison & Gazzaniga, 2021).

Reference

Grison, S. & Gazzaniga, M. (2019). *Psychology in your life* (3rd ed.). New York, NY: Norton & Company, Inc.