

3 Steps to Outsmart Stress

In recent years multiple studies have shown that stress increases health risks such as cancer, allergies, colds, flu and of course – heart disease. Even positive things in your life, like a wedding or a new job, can add to your stress. The good news is that there are things you can do to outsmart stress and boost your immune system.

Step 1. Identity how you react to stress:

These reactions usually take one (or all) of the following forms:

Emotional. Feeling tense, anxious, or worried.

Physical. Experience raised blood pressure, tension headaches, or an upset stomach.

Response. Turning to unhealthy habits to help deal with stress such as smoking or overeating.

Performance. Noticing a decrease in performance at work, home or things you enjoy.

Relationships. Experience an increase in conflicts with people that can impact relationships.

Step 2. Discover what stress busters work for you:

Review. How you think about a situation matters. Look for ways to turn a stress situation into a positive challenge or find the good in the situation. Why? When you change the way you view a stressful situation, it can change the way your body responds.

Reflect. Think about the times when you've experienced stress in the past. How did you react? Did your reaction help the situation?



三步智勝壓力

近年來，多項研究表明，壓力會給健康帶來風險，比如，癌症、過敏、感冒、流感等會趁虛而入，當然，心臟病的罹患可能性也增大。生活中，即使碰見正面的事，例如，有個新工作或婚禮，照樣會增加您的壓力。不過，這裡有好消息：您可以做一些事巧妙地克服壓力，增強你的免疫系統。

第一步：確定你對壓力的反應

這些反應通常有以下一種或所有的型態：

情緒。感到緊張、焦慮和擔憂。

身體。覺得血壓在升高，頭痛或胃不舒服。

反應。用不健康的習慣來對付壓力，比如吸菸或暴飲暴食。

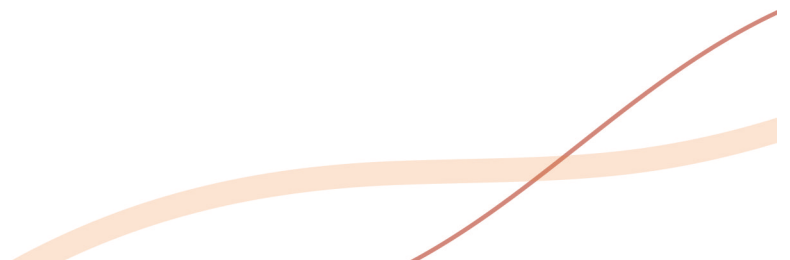
表現。讓人覺得您對工作、家庭和以往的愛好，熱情消失了。

人際關係。與人的衝突增加，人際關係受影響。

第二步：發掘究竟哪些壓力消除法對您有效

重溫。如何看待壓力的角度很重要。找出化壓力為動力的途徑，或者，從壓力裡看到好的一面。為什麼？因為，當您看待壓力的心境不同，您身體的反應也不同。

人際關係。回憶過去經歷的壓力。當時，您如何做出反應？有幫助嗎？



Relax. Whether it's deep breathing or thinking about a relaxing place, find your go-to technique for those stress moments.

Rest. Stress events require some recovery for both your mind and body. To help take care of yourself, try to relax a little every day and get enough rest.

Enjoy. Turn to activities that bring you pleasure when stress gets you down

Step 3. Learn your triggers and break free of stress:

Identify. What makes you feel stressed? Now, write them down. And remember that stress can come from positive things too, such as a new job or a new family member.

Avoid. Minor irritations, like traffic jams, can be avoided by switching your route or altering your transportation.

Prepare. For larger triggers, try to keep the situation in perspective. Can you make a plan about what to do and who to talk to?

Assert. Plan and execute solutions for problems under your control. For instance, talk to your boss about difficulties at work, ask for help when you have too much to do, or allow yourself to say "no" when you feel overwhelmed.

Now put it into action

By this point, if you know your triggers, and know what stress busters work best for you, and you've prepared a plan of action to deal with stress-then you can relax. You're ready.

Of course, life still do its best to stress you out. But now you have some tools to better manage that stress when it does happen.

Source: ORCAS Inc.

放鬆。無論是做個深呼吸，還是設法去一個輕鬆之處，要找到對您解除壓力有用的竅門。

休息。身體和心靈都得從種種壓力中恢復過來。照顧好自己，每天找到輕鬆一刻，同時，要充分休息。

享受。當壓力使您垂頭喪氣時，轉個身，去做快樂積極的活動吧。

第三步：了機觸發壓力的因素從而擺脫壓力

識別。究竟是什麼讓您感到有壓力？現在把它們一一寫到紙上吧。同時記住，壓力也可能來自於正面的事，比如一份新工作或新的家庭成員。

避開。有些小煩躁，比如塞車引起的壓力，可以通過改變路線或交通工具來避免。

準備。對較大壓力的觸發因素，注意看事情的角度。您是否可以制定一個計畫，決定下一步怎麼辦？或者應找誰談一談？

宣示權益。排好計畫，執行自己可以掌控的解決方案。比如，與老闆討論工作上的難題，當事情多到您不堪重負時要求得到幫助。或者讓自己說“不”。

現在，付諸行動吧

現在你已知道壓力誘因，又知道哪一種壓力消除法對自己最好，而且，連準備應對的計畫都列好了——那麼，現在您可以放輕鬆了。您已經準備完畢！

當然啦，生活還會不停地出現這樣那樣的壓力，但是，現在您有管理壓力的工具箱了。

來源：ORCAS