

# Coping with Stress and Anxiety

## My stress of anxiety

During the last summer holiday, I found myself was under a high pressure. I often hardly fall asleep at night and I felt my heart was beating abnormally. I began to realize my emotion was not in a healthy mode. It would affect my daily life as well. I tried to figure out why would this happen. Here were some of reasons which may cause my unhealthy feelings. Sometimes, I thought myself is a useless person because I failed the HKAL and failed to take a degree course in university. Since this is my final year of studying this course, I was anxious about the future career of myself. I was fear of unemployed after my graduation. Before attending the EQ lessons, I did not know that these thinking may have positive effects. I just wondered why I would be so upset; I could not deal with my emotion well.

## Daily Mood Log

After some presentations from my classmates, I was much more familiar with my feelings. And I also learnt a few methods to change the way I felt. First of all, I use the daily mood log to change my mind. I wrote down my negative feelings on a paper then I also wrote down some substituted thoughts as well. Taking my fear of unemployment as an example, my substituted thoughts were this pressure is very usual among the university student or I could transform this fear to push myself work hard. Hence, when I reviewed it, I felt better than before.

## **Relaxation exercises**

Despite of practicing the daily mood log, I would use some other skills to cope with my different emotion. When I was dealing with the assignments or quiz, I felt stressed. And every assignment has done in a slow rate because of my frustration. When I encountered these difficulties, I would close my eye and take a deep breath.

Besides, I tried to release my stress by relaxation. For example, if I could not fall asleep at night, I would be slowed down my breath and counted backward. After that, I discovered I could sleep in a better way.

## **Replacing negative thoughts**

With other examples in school, recently I had a first quiz on Finance management. I didn't have any concept on finance as I have learned neither economy nor account in college. Consequently, I have started the revision early. I prepared a lot before the quiz. However, the result was no as good as I predicted. I was totally disappointed. I wondered that if I was really so stupid that even I study hard on it, but I still got a bad result. I was so upset at that moment. I immediately had an idea was to give up the next quiz of Finance management. And this was the symptoms of unhealthy feelings of depression. After I have cooled down myself, by using the techniques of twisting negatives feelings, I started to establish some positive thoughts. I thought that this was only the first quiz; I could have other chance to try my best to get a good grade. In

addition, I thought that the quiz only contributes about 10% of my whole course, so that I can work hard on the other 90% in order to retain the mark.

## **Reality Testing**

Besides, I have other daily life examples on distorted thinking. After taking the enneagram test, I found out myself was type two – helper. This type of people has a basic fear of being unloved and unwanted themselves to be alone. I was totally agreed with that. I am a person, who is extremely afraid of being alone or neglect by everyone. Thus, I would like my friend to find me frequently and like to feel their love. If my friend didn't call me for a period, I may think that they don't care me anymore. According to distorted thinking approach, I find that this may be one symptoms of jumping to conclusion. After I had calm down myself and think it deeply, I just felt that I had made too many assumptions which most of them may not be true. Therefore, I thought I should be more realistic, I can't affect by those assumptions frequently, and it will make me being tired. Then I tried to call them first instead of waiting for their call. Their sound made me feel warm afterwards and I was released.

## **Positive handling of strength and weakness**

By understanding I am a type two person. I could be more clear my own strength and weakness. Then I had tried to enhance my strength in my daily life, such as when I have got a part-time job interview, I tried to show my extrovert and active personalities. I also knew one of the weaknesses of type 2 person, which is unwilling

to being seen as needy. I was quite agreed with that. Although I would think of my own badness, I was not willing to disclose my badness in front of the other people.

However, I knew that it is not health for my emotion. Thus, I tried to share my feelings with my friends.

### **Self-disclosure – an important strategy to keep friends**

According to the first presentation - getting your allies, it has talked about keeping friends. Since self-disclosure is one of the strategies of keeping friends. Before this presentation, I do not understand the importance of self-disclosure. Nevertheless, I understand that we should treat our friends with our genuine feelings; we should tell them what is in our mind. This can let the other know deeply about us.

### **Social support**

As a result, I have tried to share my feelings to my trusty. I told my friend that I was depressed and also told them about the reasons for my depression. Then they have supported and encouraged in many different ways. I was pleased to know that my friends would be beside me whatever happens. After that, I realized I should do something to change myself back to be genuine happy girl. I tried to think about that gathering with friends are valuable so I should treasure the chance being with them. At the next gathering, I made myself pay attention to them and enjoyed every moment. Thus, recently I have got a good relation with my friends.

## **Conclusion**

Every people would have emotion, and this is a very common issue. But I think it is essential to learn how to handle our emotion, it is quite hard indeed. And even some people would feel confused about their feelings. After these 13 lessons of EQ, I knew that I had many misunderstands about emotion before. After I learned some ways to handle the negative feelings, and made those feelings to be health feelings, I think I am now less likely to be frustrated because of my emotion.

The End