

Stressors-Option 2 Submission

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Some examples of stressors in my life are excelling in my career: meeting multiple project deadlines at work, paying bills: making sure all the bills are paid on time, and my girlfriend: making sure she is taken care of.

I can reduce these stressors from negatively impacting my academic performance by staying organized, giving adequate time to each of the items on my list, and most importantly sleeping and eating right.

There are both healthy and unhealthy coping strategies that can be implemented to deal with stressors in my life. Some healthy examples are eating and sleeping right; as these two important elements will help me physically deal with the day ahead. On the flip side, if I don't get enough rest and I am eating poorly, there is a good chance that I will not be physically up to dealing with the day's demands. Another example of a healthy strategy is exercising. Even modest amounts of exercise will go a long way in strengthening the body, releasing tension, and just making me feel better overall. I can also take mental breaks from work. Resting my eyes and mind even for 15 minutes can make a tremendous difference in tackling the tasks of the day.

I will usually see positive results right away when implementing positive, healthy strategies. Each of the positive, healthy essentials will provide me physical and mental strength to achieve my three primary tasks, and of course my academic goals. Whereas unhealthy strategies can allow exhaustion to creep in, which in turn, can lead to failed goals, and I definitely don't want that.

Healthy and unhealthy strategies can have short-term and long-term effects on my goals. With healthy and unhealthy strategies, short-term effects are noticeable right away. I can literally watch myself being successful with healthy choices, or failing with unhealthy decisions. The long term effects are not so easy to see, however, with a little career forecasting, and

learning from others who have not taken their tasks and goals too seriously (and failed), I can effectively understand how organizing and planning a healthy strategy, and sticking with it, can help me achieve my short-term career, personal and academic goals, as well as understanding that the positive decisions I make now, will only have a positive effect on my long-term goals.

My career choice is in Information Technology. It is a highly demanding field where the education and career demands are never fulfilled.

I believe that the stress management strategies will allow me to achieve more and be successful in both my personal life and my professional life. I look forward to achieving goals of high standards, and learning more to mold me into a more rounded individual.

Reference: HELPGUIDE.org (2001-2010). Stress Management How to Reduce, prevent, and Cope with Stress. Retrieved (12/19/2010), from http://www.helpguide.org/mental/stress_management_relief_coping.htm#atuid-479646d9daa75b04