Wellness Assessment

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In my personal life, there are various stressors that I face that tend to reduce the quality of life that I lead. Stressors are common in anyone’s life and one cannot go through life without being faced by various challenges. With this in mind, I have learned to develop coping strategies when I‘m faced by any issues. One of the main stressors in my life is competing priorities. Competing priorities mainly happen due to time constraints where I have to balance between having a good time and setting time aside to pursue my education and other aspirations that have in regards to my career.

At home, such competing priorities also come about where I have to apportion time between watching films or playing video games and studying or doing my homework. I deal with the competing needs through prioritizing my time to events that are most beneficial to my welfare and well-being.

I currently cope with stress and anxiety by taking some time-out and taking well-balanced meals. Taking some time-out from my busy schedule allows me to overcome any form of stress or anxiety. Eating balanced meals ensures that I have enough energy and reduces the likelihood of suffering from burnout. Leisure activities that I undertake include playing board games and interacting with other people. These activities improve my self-worth.

I would also like to learn several strategies such as copying with the loss of a loved one. Coping strategies after the death of a loved one is one skill that many people lack. I have seen people who have become disoriented in everything after losing their loved one. I intend to develop strategies that can improve my ability to cope when I am faced with such a stressor in the future.