Stress Management

Name

Institution Affiliation

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**Briefly describe a situation in which you faced some stressors.**

I remember when I first joined college, time management was not my ideal thing. I could not complete the projects and assignments on time. There is a time when I had a few hours remaining for us to submit the assignment. For the whole of the weekend, I was occupied with other things, and I did not spare time to complete it. With only 5 hours remaining, I was expected to deliver eight pages, and this seemed impossible to me. I was stressed out without knowing what to do. I wanted to sleep and assume the assignment was not there. On the other hand, an inner voice told me that "better late than never," and I decided to tackle the assignment. Even though I eventually completed the assignment, I was stressed about how I could do it on time.

**Identify the stress response category that best fits your reaction.**

At first, I opted for a flight because I believed I could not complete this assignment promptly. Nevertheless, after thinking for sometimes, I opted to fight. The decision to complete the assignment was the best, and this can be seen as a fight response. I had to gather some courage in order to complete the assignment within a short deadline. Fighting is a response that is associated with the decision to handle or confront a stressor. I decided not to be defeated by the stressor, and instead, I decided to fight.

**Discuss the ways that your response might have helped you in the stressful situation you described.**

In order to complete this assignment within the stipulated deadline, the sympathetic nervous system was activated by the unexpected hormonal release. The sympathetic nervous system triggered the adrenal glands, activating the release of noradrenaline and adrenaline. These series of reaction led to an increase in breathing rate, blood pressure, and heart rate. These hormonal changes were vital because they facilitated the transport of glucose to parts of the body, like skeletal muscles, to prepare for a fight (Derakhshan, Mikaeili, Nasrabadi & Gedeon, 2019). The generated energy was vital because it enabled me to complete the assignment and beat the deadline. The response helped manage the stressful situation by converting the adverse body reaction into positive energy. I was motivated to fight back rather than flee. Besides, the response contributed to the eradication of negative thoughts, which made me believe that I could not complete the assignment. Therefore, I was able to plan for the limited time to fight the task ahead strategically.

**Discuss the ways that your response might have harmed you or hindered you in the stressful situation you described.**

The response triggered rapid breathing and heartbeat, and this was mainly because the body needed oxygen and energy to fuel an adequate reaction to danger. Additionally, I was trembling because my body was primed for a reaction, and there was muscle tense. Trembling is a feeling that could have hindered me from doing anything; it could eventually motivate freezing. The whole hormonal change that triggers a response of fight and flight lasts up to 60 minutes before the body return to its normal condition. An approximately one hour was wasted while trying to cope up with the hormonal changes in the body. Therefore, even though my response was beneficial towards completing the task, it affected the body by altering metabolic reactions and processes.

Reference

Derakhshan, A., Mikaeili, M., Nasrabadi, A. M., & Gedeon, T. (2019). Network physiology of ‘fight or flight’response in facial superficial blood vessels. *Physiological measurement*, *40*(1), 014002.