

The roadblock that helps me prevent progression of stress is cooking , emotional support , and praying with family. I believe having support from my family is the most important thing to have dealing with stress. When I am stress I love cooking because food is heartwarming and comforting to me . It motivates me to stay positive furthermore distracts any negative thoughts that are bothering me. Its important to use roadblocks in our daily hassles to be able to handle any situation as a lesson to be prevented. Moreover, having a lot of stress built up is very unhealthy may lead to health problems. You should think about things from a different perspective in life, and learn from your roadblocks, dealing with each future obstacle with an optimistic mindset to cope with your stress.

Preview from Notesale.co.uk
Page 1 of 1

Last modified: Oct 20, 2018