

Stress Tolerance

“We Can’t All Do Everything”-- Virgil

Exercise

“Stress tolerance is the ability to withstand adverse events and stressful situations without developing physical or emotional symptoms by actively and positively coping with stress” (Stein and Book, 191). It can involve some or all of the following:

- Choosing courses of action for dealing with stress
- Optimism towards new experiences and change and handling problems you encounter
- A feeling you (or *Someone*) can control or influence stressful situations and remedy the present situation.

Self- Analysis

Stress comes from different sources for many of us. What causes me stress may not cause you stress. First, determine what it is that causes you stress? School, family, money, friends, future?

- Make a list of the 3 top stress producers in your life.

Now think about what resources you have available to you to combat stress. Here are some resources listed in The EQ Edge, Student Workbook (174):

- Exercise
- Prayer/Meditation
- Sleeping at least eight hours a night
- Talking to a friend or family member that supports you
- Engaging in a hobby
- Going for a walk or walking in an area that relaxes you
- Other methods that help you _____

Personally, I feel the most stress when I feel like “fixing” things depends on me and me alone. I feel stress when I feel the burden of fixing whatever is causing the stress. Belief in a God who cares about me and my condition and who is powerful enough to fix any problem, helps me cope with stress. Rather than feel the pressure to fix everything, I can sometime “release” things that are beyond my control to *Someone* who is in control.

Another mindset that has helped me immensely is to play out the stress event in my mind to its worst, logical conclusion. For example, “If I fail this test, does it mean I am doomed to a life of poverty? If my girlfriend breaks up with me, does it mean I can never find love again? If I don’t get this job, does it mean I’ll never find a good job?” Of course, the answer to each of these is a resounding NO! So, just applying some rationale wisdom to some of these stress situations will allow us to cope with them more effectively.

