

A person is shown in profile, their head bowed and hand pressed against their hair in a gesture of distress or exhaustion. The scene is dimly lit, with a strong light source from the side creating a sharp highlight on the person's arm and the back of their head. A thick, gold-colored chain is visible around their neck. Overlaid on the lower half of the image is large, bold, stylized text. The words 'WHAT TO DO AGAINST' are in white with a blue drop shadow. 'STRESS' is in red with a blue drop shadow. 'BUILDUP' is in yellow with a blue drop shadow. The overall composition conveys a sense of mental strain and the need for coping strategies.

**WHAT
TO DO
AGAINST
STRESS
BUILDUP**

We all hate it when we're forced into a stressful situation, but let's be honest here; most of the time stress doesn't just show up in our lives out of nowhere and completely ruin our mood. No, quite the contrary actually. Think of stress as more of a ladder. The more unfortunate events you need to take part in the more steps you climb up on that ladder, until you eventually just sort of end up having a nervous breakdown caused by all of that stress buildup. The higher you get on that ladder the more likely you are to suffer greatly when you can no longer handle all of that stress anymore.

This is why we need to learn how to disperse our emotions and deal with stress buildup before it comes crashing down on our mental barriers, destroying every ounce of dignity and sanity we have in there. This is why we've decided to create this short article for you. In here we will be explaining everything there is to stress prevention and how you can help your mental state by doing simple stuff like working out and eating healthier in order to preserve every bit of that sanity you need so desperately to function as an active member of the society. So, without further ado, how about we start this article right with our first suggestion of the day, aka:

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“Sleep Is More Important Than Food”

This might sound a bit weird at first, but it is the truth. Six hours per night is more important than three meals a day because without sleep you cannot even think straight anymore. Sure, thinking on an empty stomach is hard too, but if you get less than six hours of sleep then you legit won't be able to think about anything but falling into a coma every 2-3 seconds.

This is why you need to strive for the golden eight hours of sleep every night, or at least go for a good six hours to make sure that your mind's rested and ready for action. You cannot, and I repeat, cannot absolutely under no circumstances mess up your sleep pattern. If you frequently go to sleep at 4-5 AM and you need to wake up at 8 then you need to change that up right away because that is in no way shape or form a good way to deal with stress.

Before you know it you'll be a walking zombie ready to play in the latest season of AMC's The Walking Dead.

“Keep An Active Lifestyle”

Being active has always been a good way to maintain a positive outlook on life. It is a known fact that the more active you are the happier you get because you no longer spend your time worrying about anything non-consequential to your life anymore. You focus on what's in front of you, on what really matters, which ends up being a really good way of avoiding stress as a whole. So, if you want to make sure that you're stress free most of the time all that you need is to keep that blood pumping and that adrenaline up. Do morning jogging sessions, go to the gym, and enjoy a cold bottle of water after exercising for a good hour or so. Every little bit helps, and that's a fact.

Most people that have to deal with stress overload tend to feel empty every time they have any spare time on their hands. This is because they cannot concentrate on anything but the work that they've been handling for the past couple of days.

So, instead of soaking in all of this how about you instead focus on a brand new hobby, aka something to help you release stress while also preventing future stress from piling up on your psyche? It's a great exercise to work on and a really useful way of get your mind off of things that you do not wish to concentrate on at the moment. Try a new sport, maybe pick up some dancing classes, whatever helps you sleep better at night knowing you did something better with your time than just gloat over what you didn't do right lately.

“Forget About Yourself; Concentrate On Those Around You Instead”

As mentioned previously, we tend to focus too much on our problems, to the point where they become detrimental to our own minds and bodies. This is why instead of focusing on our own problems; a good way to handle stress buildup is to literally just change your perspective altogether and look for a new horizon to brighten up. So, in simpler terms, help those around you more. Buy your mother a bouquet of flowers; buy your dad a much earned shaving set, whatever makes them happier at the end of the day.

Luckily though, most of the time when it comes to giving presents to your friends and family members the thought is all that matters.

So, as long as you do actually buy them something it shouldn't be that hard to choose what you do actually want to give them.

Again, it's the thought that matters, and we can assure you that you'll be gaining just as much as they do, if not more.

“Avoid Any And All Addictive Substances”

Now, of course that we're not referring to crack cocaine here or anything like that. What we mean is that you should probably take a while off addictive substances such as nicotine, caffeine and alcohol until you get your mind straight. It will be tough at first, especially if you're neck deep in your addiction, but we can assure you that those things are only worsening your current situation.

There is no need for them in your life, no need whatsoever, so how about you give them a good old push and just like that try living your life on the safer side of the spectrum? It's not a requirement that you give up on them as a whole either. All that you need to do is you need to make sure that you're limiting their use and just like that you've already made progress.

“Laugh It Out”

Maintaining a positive outlook on your life as a whole is very good for yourself because it helps you cope with everything bad that's happening to you. Most of the time we tend to bottle everything up until we can't help but explode, causing a ruckus for both us and everyone around us. In order to avoid this from happening you need to keep that positive attitude up at all times. Use whatever means you can in order to preserve that smile too, such as happy-go-lucky music and comedy films. Whatever helps you pull through without overworking yourself and your inner psyche will eventually help you prevent any upcoming stress overloads.

“Stop Procrastinating”

This is a big one, and one of the most important parts in the process of avoiding stress buildup because it deals with one of the main causes of stress buildup. Procrastination is a terrible sin that we're all guilty in taking a part in regardless of whether we want to or not. So, in order to make sure that we don't end up exploding randomly one day we need to make sure that we don't procrastinate anymore.

This is, again, very important because it is both easier and harder than any other step in this list. It all depends on how powerful your will is. If your will is strong enough you should have no problem with getting past this hurdle, and once you do you'll immediately start seeing a difference.