

WAYS TO MANAGE STRESS AND EMOTIONS MODALITĂȚI DE GESTIONARE A STRESULUI ȘI A EMOȚIILOR

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Abstract. This article is based on a synthesis of specialized literature in the fields of psychology and mental health, including studies and research articles published in reputable academic journals. In the contemporary world, stress has become an omnipresent issue, affecting individuals of all ages. Emotions, whether positive or negative, play a crucial role in how we perceive and react to stress. Effective management of these factors is essential for maintaining overall health and well-being. Stress and emotions are integral parts of human life, influencing both mental and physical health. We aim to explore various evidence-based strategies for effectively managing stress and emotions, including mindfulness techniques, physical exercise, and cognitive-behavioral interventions. Regular physical activity is an effective way to reduce stress. Relaxation techniques such as deep breathing, yoga, and progressive muscle relaxation can help reduce physical and mental tension associated with stress. CBT is a form of therapy that helps individuals identify and change negative thought patterns. Recognizing and accepting emotions are essential steps in managing them. Emotional intelligence involves the ability to perceive, use, and manage emotions constructively. Clear and direct expression of needs and feelings can prevent the buildup of emotional tensions and improve relationships with others. Mindfulness involves focusing attention on the present moment and accepting it without judgment. Studies have shown that mindfulness practices can significantly reduce stress levels and improve emotional regulation.

Keywords: emotion, stress, Cognitive-Behavioral Interventions, mindfulness

Introduction

Stress is a physical, mental, and emotional reaction of the body to any situation perceived as threatening or challenging. It can be caused by external factors, such as work pressures, financial problems, or interpersonal conflicts, as well as internal factors,

such as personal expectations or negative thoughts. Stress can trigger a range of physiological responses, such as increased heart rate and blood pressure, and can affect overall health and well-being. Effective stress management is essential for maintaining physical and mental health.

Theoretical framework

Stress can be seen as a dance of the mind and body, triggered by the invisible pressure of life's demands. It is that inner tension that pushes us to mobilize our resources and respond to challenges, whether big or small. Sometimes, stress acts as a vigilant companion, keeping us sharp and motivated, but other times it can become an unwelcome guest, overwhelming us with worry and exhaustion. It is a natural yet complex response that reflects the interaction between our thoughts, emotions, and physical reactions, in a continuous effort to adapt and survive in the face of change. Managing stress means finding the balance between letting it guide us and preventing it from controlling us.

Emotions are complex reactions that involve both psychological and physiological components, and are triggered by specific events or situations. They can include a wide range of feelings, such as joy, sadness, fear, anger, surprise, and disgust. Emotions are often accompanied by physical changes, such as alterations in facial expression, muscle tone, and heart rate, and can influence our behaviors and decisions. They play a crucial role in how we perceive and interact with the world around us, contributing to our adaptation and survival. Managing emotions is important for psychological well-being and interpersonal relationships.

Emotions can be described as a rainbow of the soul, each shade representing a part of the human experience. They are those inner vibrations that color our perception of the world, giving it depth and meaning. Each emotion is like a musical note in a symphony, some bringing joy and exuberance, others sadness and melancholy, but all contributing to the complex harmony of our inner lives. They are the silent messengers of our needs and desires, guiding our decisions and relationships. Emotions connect us to others and help us navigate the labyrinth of human experiences, inviting us to live authentically and discover ourselves in depth.

Everyday stress is indeed an inevitable part of life, and students are no exception. We will highlight just a few examples of situations that can generate stress among students. Academic pressure, through expectations of achieving good grades and the large volume of homework or projects, can be overwhelming. Exams and tests, competition with peers for academic results, and the challenge of managing time by balancing study, extracurricular activities, and personal life can also be stressful. Social pressure, including issues related to bullying or the need to be accepted in a group, parental expectations, environmental changes, and personal problems—all of these can affect students' concentration and emotional state. That is why we believe it is important for students to have access to resources and support to manage stress effectively.

Adolescent students go through a period of identity exploration, trying to define who they are and what their values are. The desire to be accepted by a certain peer group can generate feelings of anxiety or insecurity. Students may experience tensions or conflicts with their parents as they seek more independence and may have difficulties managing intense emotions, such as anger, sadness, or frustration. Lastly, thoughts about their career and adult life can also generate anxiety.

Stress and emotions are integral parts of human life, influencing mental and physical health. We aim to explore various evidence-based strategies for effectively managing stress and emotions, including mindfulness techniques, physical exercise, and cognitive-behavioral interventions. Regular physical activity is an effective way to reduce stress. Relaxation techniques, such as deep breathing, yoga, and progressive muscle relaxation, can help reduce the physical and mental tension associated with stress. CBT is a form of therapy that helps individuals identify and change negative thought patterns. Recognizing and accepting emotions are essential steps in managing them. Emotional intelligence involves the ability to perceive, use, and manage emotions constructively. Clearly and directly expressing needs and feelings can prevent the buildup of emotional tension and improve relationships with others. Mindfulness involves focusing attention on the present moment and accepting it without judgment. Studies have shown that mindfulness practices can significantly reduce stress levels and improve emotional regulation.

The causes of stress and emotions are numerous, but through this article, we aim to propose ways to manage them.

Research methodology

Cognitive-Behavioral Interventions (CBT) represent a structured and goal-oriented therapeutic approach that focuses on identifying and changing negative thought and behavior patterns. This technique is used to treat a variety of emotional and behavioral issues, including stress, anxiety, and depression. The basic principles of CBT include: identifying negative thoughts, challenging and restructuring thoughts, modifying behaviors, practical exercises and homework assignments, and progress monitoring. CBT helps individuals recognize their own dysfunctional or distorted thinking patterns that contribute to their stress or anxiety. Once identified, negative thoughts are critically evaluated and replaced with more realistic and positive alternatives. This process involves learning to question the validity of negative thoughts and to reframe them. CBT also focuses on changing behaviors that support negative thinking patterns. This may include developing new coping skills and problem-solving strategies. The therapy often involves practical exercises and homework assignments that allow individuals to apply new skills in real-life situations. Progress is regularly monitored to assess the effectiveness of interventions and to adjust the treatment plan if necessary. CBT is considered effective because it is based on the idea that thoughts, feelings, and behaviors are interconnected and that changing one element can positively influence the others. This therapy is often short-term and results-oriented, being adaptable to meet the specific needs of each individual.

Mindfulness is a mental practice that involves focusing on the present moment with openness, curiosity, and without judgment. It is often used to reduce stress, enhance emotional regulation, and improve overall well-being. Mindfulness techniques can include meditation, breathing exercises, and mindful observation of thoughts and sensations. In educational settings, incorporating mindfulness can help students improve concentration, reduce anxiety, and foster a positive learning environment. Here are some examples of simple mindfulness exercises that can be practiced daily and do not require

much time, but have a significant impact on well-being and awareness of the present moment.

- *Mindful Breathing:* Find a quiet place where you can sit or stand comfortably. Close your eyes or keep them open with a relaxed gaze. Focus on your breath. Notice how the air enters and exits your body. If your mind starts to wander, gently bring your attention back to your breath without judgment. Continue this exercise for a few minutes. Conscious breathing techniques offer numerous benefits. Focusing on the breath can help calm the mind and reduce levels of stress and anxiety. Practicing conscious breathing can improve the ability to stay focused and be present in the moment, aid in managing intense emotions, and enhance emotional stability by developing a better understanding of one's own thoughts and emotions. Deep and conscious breathing activates the parasympathetic nervous system, which induces a state of relaxation and calm. It can also help lower blood pressure, improve lung function, and reduce symptoms of conditions such as asthma.

- *Body Scan:* Lie on your back or sit comfortably. Close your eyes and begin to direct your attention to different parts of your body, starting from your toes and moving up to your head. Notice the sensations, tensions, or relaxations in each part of your body. Don't try to change anything, just observe and become aware. Body scanning helps identify and release accumulated tension in the body, thus contributing to the reduction of stress and anxiety. This technique helps you become more aware of physical sensations, allowing you to better recognize and respond to your body's needs. By focusing on each part of the body, you can induce a state of deep relaxation and calm. Practicing body scanning before bedtime can help release tension and promote a more restful sleep. By increasing awareness of bodily sensations, body scanning can aid in managing and sometimes reducing the perception of pain. This technique encourages a more harmonious connection between mind and body, enhancing overall well-being and can improve the ability to concentrate and focus on details.

- *Mindful Eating:* Choose a simple food, such as a raisin or a piece of chocolate. Before eating, look at it carefully, observing its color, texture, and smell. Take a small bite and savor the taste, focusing on each sensation. Chew slowly and notice how the

texture and taste change. By paying increased attention to what you eat and your body's sensations, you can become more aware of the emotions that drive you to eat, helping you manage them more effectively. Mindful eating helps you recognize the difference between physical and emotional hunger, thereby reducing the tendency to eat in response to stress or other negative emotions. Improving your relationship with food promotes a healthier and more balanced connection with it, allowing you to enjoy meals without guilt or anxiety. Eating slowly and mindfully can improve digestion, as it gives you time to chew your food well and savor each bite. Being present and attentive to the dining experience can make you feel more satisfied and fulfilled after eating, which may reduce the need to overconsume. By focusing on the present moment and the act of eating, you can reduce stress and anxiety levels, similar to other mindfulness practices. Practicing mindful eating helps you develop self-discipline, as it requires attention and intention in your food choices.

- *Mindful Walking:* Walk at a slow pace and focus on the sensations you feel in your body with each step. Notice how your feet feel on the ground and how your legs move. Pay attention to the sounds, smells, and sights around you. These exercises can be done in a playful, seemingly uncontrolled manner during class time, in the preliminary stage of the main activity, before a summative or formative assessment, during breaks, or as part of extracurricular activities. Students will feel the positive impact and will apply them independently in difficult situations in their lives or, remarkably, on a permanent basis, thus overcoming anxiety and stress in their early stages.

Mindful walking helps reduce stress and anxiety by connecting with the present moment and freeing the mind from overwhelming thoughts. Practicing mindfulness during walking can improve concentration and attention, essential skills for learning. Walking outdoors and mindfully observing the surroundings can stimulate creativity and innovative thinking. Light physical activity combined with mindfulness can enhance mood and increase energy levels. Students become more aware of their posture and body movements, which can contribute to better physical health and prevent physical discomfort. Regular practice of mindful walking can help develop self-discipline and

self-control. Spending time in nature and mindfully observing the environment can enhance appreciation and respect for nature.

All these benefits make CBT a valuable practice for students, providing them with tools to cope with academic and personal challenges, offering an effective strategy for managing stress and emotions, and contributing to overall well-being. In fact, Cognitive-Behavioral Interventions are a valuable practice for maintaining physical and mental health.

Ensuring ways to manage stress and emotions for students is particularly important. Firstly, uncontrolled stress and emotions can affect students' ability to concentrate and learn. Effective management of these can lead to better academic performance. Additionally, students who manage their emotions well tend to have healthier and more harmonious relationships with peers, teachers, and family. Secondly, learning how to cope with stress and emotions is an essential skill for adult life. These skills help students navigate future personal and professional challenges. Students who learn to cope with stress and emotions become more resilient, meaning they are better prepared to face adversity and change. Lastly, as teachers, we aim to ensure our students' overall well-being by promoting mental health. Good stress and emotion management contributes to overall well-being, allowing students to enjoy their daily experiences more. Effective stress and emotion management can reduce the risk of developing mental health issues such as anxiety and depression. In fact, by providing strategies and resources for managing stress and emotions, we help students become balanced and healthy individuals.

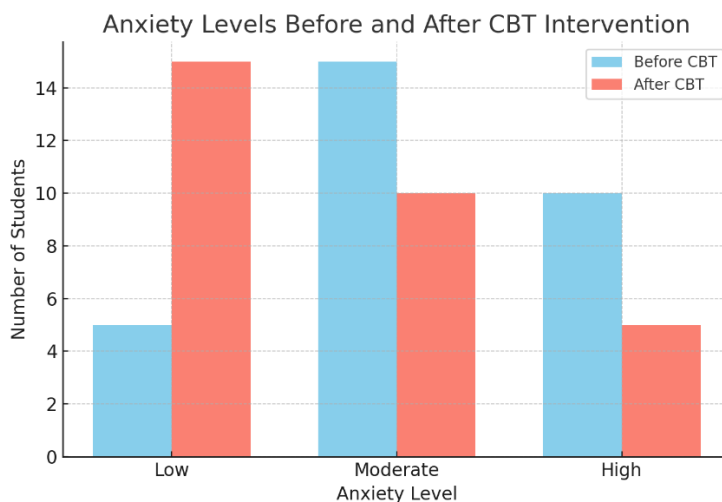
Research results

From classroom practice, I will provide a personalized example of cognitive-behavioral intervention. Maria, a 20-year-old student, is dealing with anxiety related to academic performance. She tends to underestimate her abilities and constantly fears making mistakes that could lead to unsatisfactory results in exams and practical lab activities. Maria recognizes that she has thoughts like "I'm not good enough at what I do" or "If I make a mistake, I will be criticized." These thoughts cause her anxiety and affect her performance. The teacher helps Maria critically evaluate these thoughts.

Together, they analyze the evidence that supports or contradicts these beliefs. Maria begins to understand that she has received positive feedback from her superiors and that everyone makes occasional mistakes. She is encouraged to note her daily achievements and practice self-compassion. She also learns relaxation techniques to better manage her anxiety in the academic setting. The teacher assigns Maria the task of confronting her fears by taking on smaller projects where she can experience success and build her confidence. Maria and her teacher evaluate the progress weekly, adjusting strategies if necessary. Over time, Maria notices a significant reduction in anxiety and an improvement in both performance and emotional state. This example illustrates how CBT can be personalized to help individuals overcome specific challenges by changing negative thoughts and behaviors.

I evaluated the anxiety levels of students in a group of 30. Here is what the data looks like:

- Anxiety level before CBT: Low: 5 students, Moderate: 15 students, High: 10 students
- Anxiety level after CBT: Low: 15 students, Moderate: 10 students, High: 5 students



The conclusion based on the presented data is clear: the intervention through cognitive-behavioral therapy (CBT) had a positive effect on the anxiety levels of the

students in the class. Before applying CBT, most students exhibited moderate or high levels of anxiety. After the intervention, there was a significant increase in the number of students with low anxiety levels and a reduction in those with high levels. This suggests that CBT can be an effective method to help students manage anxiety and improve their emotional well-being in the school environment.

Conclusions

In fact, managing stress and emotions in contemporary society has become an essential skill, given the fast pace of life and the complexity of daily challenges. Although technology brings numerous benefits, constant connectivity can lead to overexertion and stress. It is important to set clear boundaries in the use of technology and to allow ourselves time to disconnect. In a success-oriented society, many people feel the pressure to perform at high levels. Managing expectations and prioritizing the balance between work and personal life are very important. Awareness and access to mental health resources have increased, allowing people to seek professional help when necessary. Mindfulness and meditation practices have gained popularity as effective methods of reducing stress and improving overall well-being. More and more educational institutions are integrating programs for the development of emotional intelligence, helping individuals to recognize and manage their emotions. Maintaining healthy relationships and a supportive social network is vital for managing stress and emotions.

Through this article, we aim to demonstrate that effectively managing stress and emotions in contemporary society requires a proactive and conscious approach focused on balance and personal well-being. We also intend to provide some simple exercises accessible to everyone, based on the belief that people who manage stress effectively and handle their emotions well are more productive and efficient, contributing positively to the workplace and community. They have more harmonious relationships and can help create a positive and supportive social environment. As leaders, those who can manage stress and emotions are more capable of inspiring and motivating teams, making clear decisions, and handling crises efficiently. They can serve as role models for others, promoting a culture of mental health and balance in society. Essentially, the ability to

overcome stress not only improves an individual's life but also has a positive impact on the community and society as a whole.

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