Practical Tips to Reduce Stress

Stress is a natural part of life, but when it becomes chronic it can affect both your physical and mental well-being. Here's a simple procedure you can follow to help **reduce stress effectively** in daily life. [A]

Begin your stress-reducing routine by practicing deep breathing. Sit comfortably and inhale deeply through your nose for about five seconds, hold for two seconds, then exhale slowly for another five seconds. This helps activate your body's *relaxation response* by engaging the parasympathetic nervous system, which counters the "fight or flight" stress reaction. [B]

Physical activity is one of the most effective ways to lower stress. Exercise releases endorphins, the brain's natural mood elevators, and reduces levels of stress hormones like cortisol. Whether you choose walking, jogging, yoga or a home workout, aim to move your body daily. Consistency over intensity is key for stress relief. [C]

Mindfulness and meditation help you stay present and calm. Find a quiet space, close your eyes, and focus on your breath or use a guided meditation. Practicing daily, even for short periods like 10 minutes, can significantly reduce anxiety and restore focus. [D]

Stress often increases when tasks pile up. Plan your day by setting priorities and realistic goals. Write a daily to-do list, break big tasks into smaller steps, and schedule short breaks. Proper time management can reduce that overwhelming feeling and improve your sense of control. [E]

Sleep quality and diet play a vital role in managing stress. Aim for 7–9 hours of restful sleep every night and try to eat nutrients that support your body's stress response, like fruits, vegetables, and lean proteins. Avoid excessive caffeine and sugar, which can exacerbate stress symptoms. [F]

Human connections act as emotional buffers against stress. Share your thoughts with friends or family, join a community activity, or simply enjoy quality time with loved ones. Feeling supported and understood can lift emotional burdens. [G]

At the end of each week, reflect on what strategies worked best for you. Adjust your plan where necessary. Reducing stress is an ongoing process, and finding what fits your personality and lifestyle will make it more effective. [H]

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A. Main Idea (Ide Pokok)

1. What is the main idea of the article?

   A. The importance of social media for stress management

   B. Five practical ways to manage and reduce stress

   C. The causes of stress in modern life

   D. Medical treatment options for stress📌 **Main Ideas**

Paragraph	Letter	Main Idea
1		Breathing techniques help calm the body and activate the relaxation response.
2		Good sleep and healthy diet play a key role in managing stress.
3		Introduction about stress and the importance of managing it in daily life.
4		Mindfulness and meditation help maintain calmness and focus.
5		Physical activity/exercise effectively reduces stress by releasing endorphins.
6		Reflection and evaluation of stress management strategies improve effectiveness.
7		Social connections and emotional support act as buffers against stress.
8		Time management and task planning reduce stress caused by overwhelming workloads.

B. Specific Information (Informasi Rinci) – 5 Questions

2. According to the article, what is one benefit of guided meditation?

   A. It increases your income

   B. It distracts you from day-to-day stress

   C. It helps you sleep longer at night

   D. It improves your academic performance

3. Deep breathing helps reduce activation of which system?

   A. Digestive system

   B. Sympathetic nervous system

   C. Circulatory system

   D. Endocrine system

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4. Stress can deplete which nutrients according to the article?

   A. Calcium and Iron

   B. Vitamins A, B complex, C, and E

   C. Protein and Carbohydrates

   D. Omega-3 fatty acids

5. Why can spending time on social media be stressful?

   A. It always improves sleep quality

   B. It increases physical exercise

   C. It may replace time that could be spent on more enjoyable activities and worsen sleep

   D. It helps reduce stress over time

6. What does the article suggest about connecting with others?

   A. It has no effect on stress

   B. It makes stress worse

   C. It helps people feel supported and improves well-being

   D. It replaces the need for exercise

C. Inference (Kesimpulan Tersirat) – 2 Questions

7. Based on the article, if someone never connects with others, they might _____.

   A. have more free time

   B. feel more isolated and stressed

   C. sleep better

   D. have improved nutrition

8. We can infer that managing stress effectively may lead to _____ in daily life.

   A. increased workload

   B. fewer feelings of overwhelm and better quality of life

   C. higher social media use

   D. avoidance of physical activity

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D. Reference (Rujukan Kata) – 2 Questions

9. In the sentence *"Deep breathing is a great way to reduce the activation of your sympathetic nervous system…"*, the word **"activation"** refers to _____.
   A. starting or increasing the response of the nervous system
   B. stopping the breathing process
   C. the end of stress
   D. eating healthy food

10. In the sentence *"Humans are social beings"*, the word **"beings"** refers to _____.
   A. objects
   B. human individuals
   C. animals
   D. devices

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