

THE CONFLICTS IN OUR LIVES

What do you think about how to overcome conflict? I think conflict can be described as a disagreement between two or more people. I have a few ideas of how to handle a disagreement, and also the ways that I'm going to show you are my own experiences. If you do these things, it'll be easier for you to overcome conflicts. These things are very beneficial for me when overcoming conflicts. And Thomas Crum has an idea about how to deal with conflicts too: "The quality of our lives depends not on whether or not we have conflicts, but on how we respond to them." So no matter how many conflicts we experience, if we don't give up and respond them correctly, it will be easier for us to cope and the quality of our lives will increase. Briefly, I want to say if we know how to overcome conflicts, our lives get easier and the most important thing it's not just get easier for our daily life, it also gets easier for our mental health. Because when we learn to cope with conflicts, our stress decreases and our brain will relax. I know it can be tough for why it can be hard for me, too. However, if we can make it, it will be very functional for ourselves. As I said before, I have some strategies to overcome conflicts: these methods are controlling stress, looking for and finding solution, consulting and getting help from other people.

According to Jonathon Powell, an English diplomat and government officer, there is no conflict in the world that cannot be solved; likewise, also there isn't a world that cannot include stress. Mostly, we get stressed because of difficulties and struggles in our daily life. When we experience the difficulties and struggles in our daily life, it

can cause the consequences in our work life and personal relationships. There are many ways to control stress; you can do yoga, breath exercises and listen to music. Moreover I can suggest you my own advice: sometimes if I'm in difficulty and feeling stressed, I tell myself: how stressed I feel, this situation is still happening to me, so there is no reason of feeling more stressed because the situation is still ongoing! As an example, when I was in the middle school, we were having math class and the teacher chose me to solve this question. How much I didn't want to respond, I stood up at the board, and firstly I looked at the question. I realised that I couldn't solve it. So, I started to get stressed as I felt scared of my friends' possibility of mocking with me. I told on my own: "this situation is still happening; there is no reason of feeling more stressed." As time passed, my stress level decreased. And I looked at the question once again and then started to solve the question; also my friends didn't even try to mock with me.

Consulting and getting help from other people is one of the methods to deal with conflicts. Sometimes, life can be hard when we are all alone! It can be tough to handle difficulties when we are solely. Thus, we can get help from other people in our lives. For example, if we're in school, we can get help from our consultancy teacher; we can also benefit from psychologists and psychiatrists. Even our family member can aid us. We shouldn't be scared of getting aid as we can have worse results when we don't communicate with other people; if people reject to get help, they might suffer from suicide and other mental illnesses. We should raise awareness about this subject because sometimes people are terrified of other people as they can dominate

them. We should encourage them to share their problems with others!

I get some ways to handle conflicts: these ways are controlling stress, looking for and finding solution, consulting and getting help from other people. We've many conflicts in our lives, some people might have more difficulties to handle. To support them, we should create a more aware society and we shouldn't let these difficulties prevent our pace of life!