

qwesaz

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Discussion

Student's Name

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Discussion

Question 1

I engage in a lot of activities to keep my mind from overthinking or prevent myself from having stress due to certain challenges that I go through. Among these activities, the ones that I get involved with remove my mind from stress or reality for a certain period. These activities include reading a novel, watching movies, and listening to music. As a human being, I tend to have stress over certain things like school, pressure from my parents, and sometimes when I work during my holidays. All these add to my stress, and some situations lead me to overthink. Engaging in negative thoughts and being pressured by individuals to do certain things at their convenience, and not mine also can lead me to get stress. Sometimes such things overwhelm me, and I find myself being low and moody.

However, I deal with such situations by listening to music. Finding the right kind of music when feeling down and moody would elevate an individual's moods and make them feel happy and complete. Also, when listening to music while doing chores or other activities will make an individual become engrossed in it and would even enjoy doing chores. Within no time, the tasks are done, and one is left feeling good and energized; hence, they move on to the next activity. This flow put on by listening to good music leaves an individual focused during the day, and some even accomplish the goals set for the day (Csikszentmihalyi, 2020). When I feel lazy or inactive, I usually put on some good music that motivates me to be active.

When I relax, to avoid overthinking and negative thoughts, I put on a good movie that makes me feel happy and in a good mood. Watching movies or reading novels, especially mystery novels, makes me so engrossed and focused that I lose track of time completely. The

flow that occurs to me when doing these activities makes me happy, makes me feel accomplished, projects positive thoughts in my mind and puts me in a good mood.

Question 2

From the article "Child Vaccinations and Autism Spectrum Disorder," I agree with the author's statement that autism spectrum disorders and vaccinations have no relationship at all. From my knowledge, I believe that vaccines are made to fight against diseases and infections that may come our way. When scientists and other clinical researchers make vaccines, they develop them to fight against infections and conditions such as measles, polio, tetanus, MMR (Hviid et al., 2019). Hence, before these vaccines are given to the public, several tests are made to ensure that they do not have adverse effects on the individuals taking them, most especially infants and toddlers.

The tests are also done to ensure that there are no long term effects on the individuals who will be given these vaccines. After all the tests, analysis and retests are done, then it is safe to say that the vaccine is good for the health of a human being. Hence, it is delivered to the healthcare individuals, and they are administered to children or individuals that need the vaccine. However, these vaccines are administered at a specific time, and if it is not adhered to, there could be some side effects that could develop. Most people usually know when their babies are going for vaccine shots, hence they keep a record or put a reminder for them not to forget. By doing this, babies get their vaccination shots on time to prevent further complications in life.

I believe that many researchers create controversies for attention or other reasons which they might or might not be aware that they are causing other people, especially parents, to suffer the consequences of not bringing their child to be vaccinated. I think autism disorder manifests in

a child due to genetic and environmental factors but not vaccinations. Or we could say if a vaccine is administered carelessly, then it can cause a child to have the disorder.

References

² Csikszentmihalyi, M. (2020). Finding flow: The psychology of engagement with everyday life.

Hachette UK.

¹ Hviid, A., Hansen, J. V., Frisch, M., & Melbye, M. (2019). Measles, mumps, rubella vaccination, and autism: a nationwide cohort study. *Annals of internal medicine*, 170(8), 513-520.

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