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# REACTION PAPER



Within the framework of this paper I am going to address the events that have recently occurred in my life and my reactions to them. At first, I will focus on the brief description of the activity and then move to my feelings as well as the reasons for them. Apart from that, the essay will provide the explanations and suggestions regarding the reactions demonstrated. In general, it will link the experience and the underlying reasons that might guide or influence the behavior of the person.

The first in a row was the IEEE event. It was organized as a little conference with the speakers who delivered their lectures on the variety of topics related to the leadership and teamwork. There were a lot of people interested in it, which was quite a shock for me considering the time at which the event commenced. Nevertheless, I got a number of the valuable insights regarding the leadership and my overall reaction to that was positive. However, in terms of organizing the event I was quite disappointed since I frequently had to feel discomfort due to the amount of people who were at the same time in the same place. I value my personal space and that was, perhaps, the main reason for my worries. Overall, it was quite an interesting experience for me as I also happened to become acquainted with a few people there too.

Another event that I took part in was filing in the application for the health educator position. We all were gathered in a room where we were provided with the general instructions and recommendations. For me, it was not the first experience of filing in the documents and applications, so that I handled it quite well. Nevertheless, again I was surrounded by many people, which, however, did not cause annoyance or distress for me. I guess that the main reason of that was the sharing of the same interest in the health and lifestyle. Moreover, I was there with my friend and, therefore, I felt safer and more comfortable. On the other hand, I did feel some anxiety from time to time and I guess that it was caused by the nervousness that one usually experiences during the filling in the applications. I presume that my stereotypes and patterns of behavior or even reaction have worked against me.

The third activity is related to the yoga class. That was expected to be the most pleasant event during the day. We all gathered in the park where we could enjoy the nice views as well as overall relaxation throughout our bodies. In general, people who attend yoga

classes are willing to improve their body image, breath as well as self-control, which is very important nowadays. Moreover, it contributes to the raising of self-awareness and arousing of conscience, which also helps one to put all the thoughts and feelings in order and to realize the main goals of various phenomena. During the class we did a lot of physical exercises, so that we sat, stood, reclined and even invented the new poses to find the comfort. My reaction to these activities was very positive and emotionally strong. From the biological point of view I realized that my body was supplied with endorphins and other useful hormones that made me feel happy.

In conclusion, I would like to stress that the analysis of the reactions to the particular events, even the smallest ones, provides the person with the opportunity to better understand the factors that might affect the behavior and emotional state. By identifying them, we become more aware of our preferences as well as the things that are disgusting. Through this experience I have learned the factors that affect my behavior. In the future I will take them into consideration during the decision-making process.

