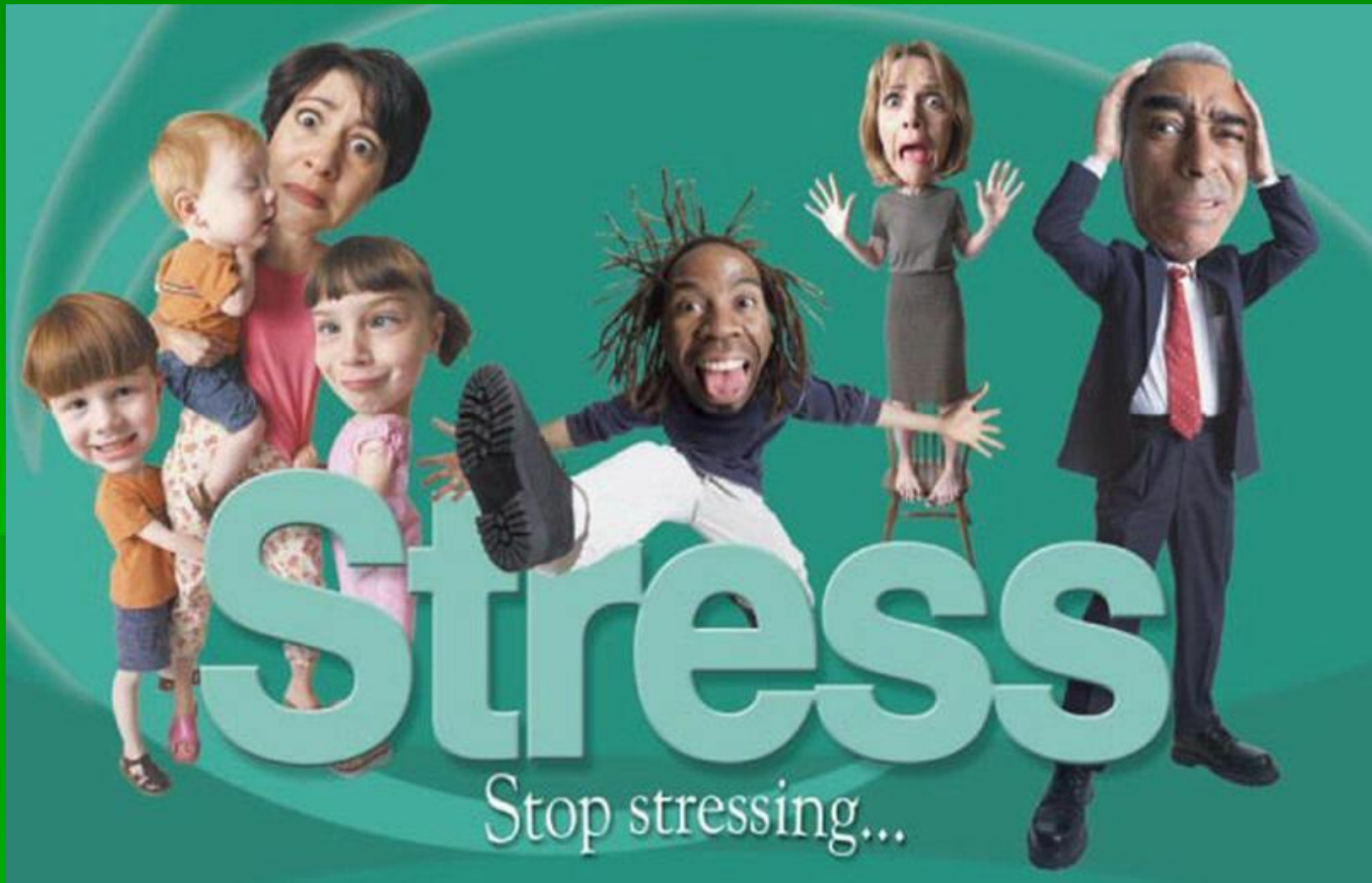


# **How to deal with stress?**

Romanova Yulia OA-32

**if you stress and you badly,  
you need the following items:**



1. Immediately after the stressful situation:

Stand up, try to relax clenched hands, clenched teeth, unbutton the buttons at the neck, massage tense neck.

So wait a while. Feel how hard your body, and stamp your foot firmly and confidently.

Say to yourself: "I'm standing here, this is my territory!". So you restore a sense of solid ground under their feet and be able to confidently continue to operate.

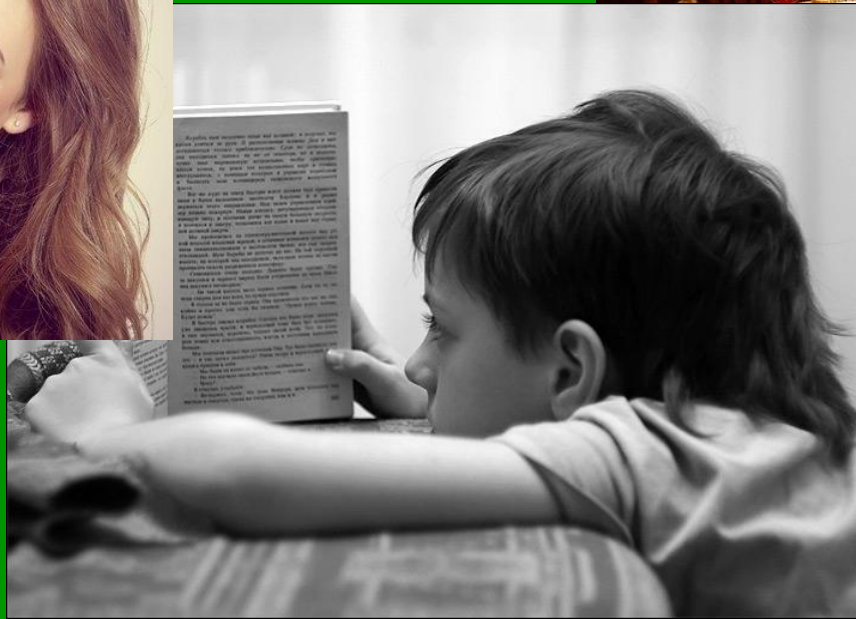
## 2. Bedtime prepare yourself aromatic bath:

Mix 5-6 drops of essential oil of lavender or melissa bubble bath. The resulting mixture pour into the water of comfort temperature. Soak for 20 minutes so.



# 3. Pamper yourself

Eat chocolate, buy a bouquet of flowers, go to the masseur or read a book. Give yourself a break





# Every day:

4. Not to be nervous and sleep well, it is recommended: 1 tbsp honey and squeezed juice of  $\frac{1}{2}$  lemon dissolved in a glass of mineral water and drink in the morning before breakfast.



# Laugh! Smile!

The ability to see the humor in their own difficulties - the best way to change the attitude towards the problem.



1. How often do you have stress?
2. What causes you stress
3. Whether you use these methods in their lives ?
4. What a way to relieve stress you liked?