





Stress management is the need  
of the hour!

# What is stress?

**Stress** – is an any opposing reaction to your own intention that causes strain or tension.



# factors of stress

## external

- job;
- relationships;
- difficulties;
- expectations

## internal

- health;
- fitness levels;
- emotional well-being;
- the amount of sleep and rest you get.



# What are the signs and symptoms of poorly managed stress?

- Headaches;
- Loss in appetite or eating more;
- Loss of enthusiasm or energy;
- Feeling of loneliness;
- Depression or unhappiness;
- Moodiness;
- Anxiety.





## Who is most vulnerable to stress?

- People without social support;
- People who get not enough sleep;
- People who are physically unwell;



# What are the effects of stress on medical conditions?

- dizzy spells;
- tension;
- Sleeplessness;
- short temper;
- frequent cold;
- pain in chest;



# How can we manage stress?







# Exercising





shutterstock.

# Meditation





# Massages

*Massages*



# Get enough sleep



# Take a long bath





# Visualization



ALL RIGHTS RESERVED

# Yoga







# Laughter







# Animals therapy



**NO STRESS**



**NO PROBLEM!**



The background is a solid blue color. At the top, there are several wavy, horizontal lines in a lighter shade of blue, creating a decorative header effect.

**Thanks for your  
attention!**