



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?





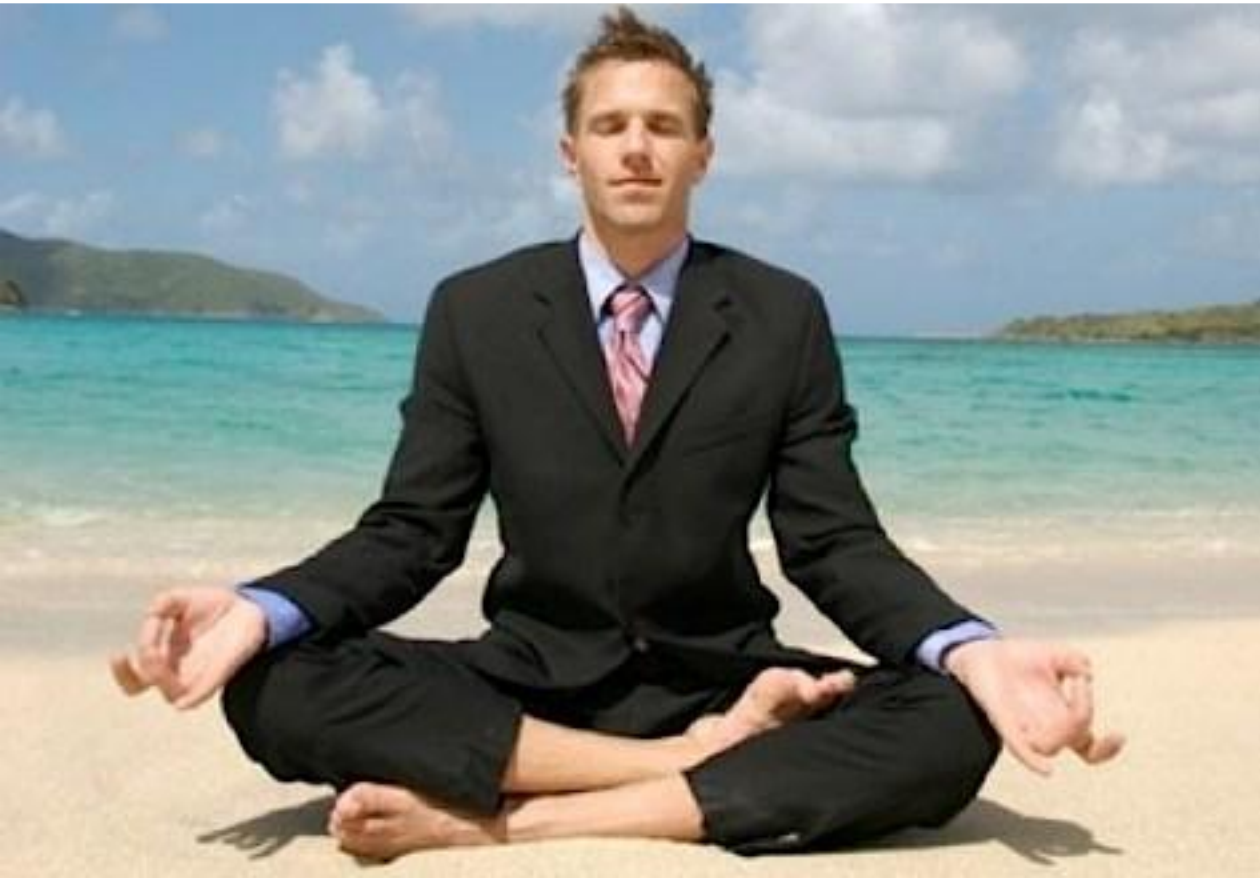
Exercising





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Meditation



Massages

Massages



Get enough sleep



Take a long bath



Visualization



Yoga





Laughter





Animals therapy



NO STRESS



NO PROBLEM!



**Thanks for your
attention!**