# **Stress:**Causes and Ways of Handling



## 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 unhappin
- 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;

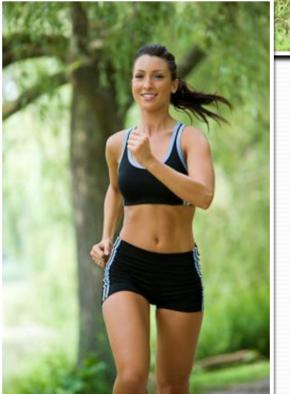


#### How can we manage stress?





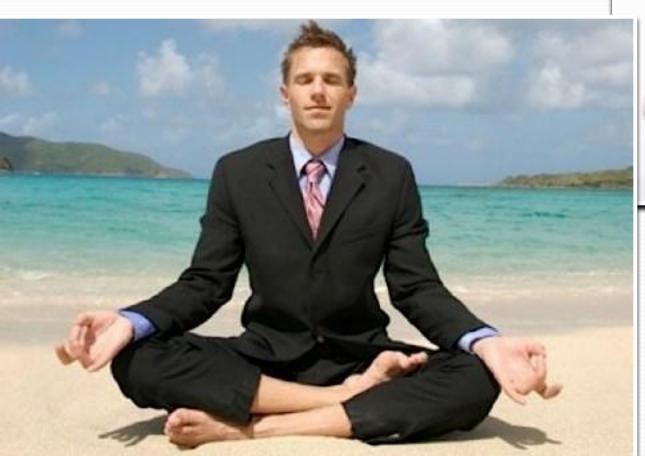
#### **Exercising**







#### Meditation







#### Get enough sleep





#### Visualization





#### Yoga







#### Laughter

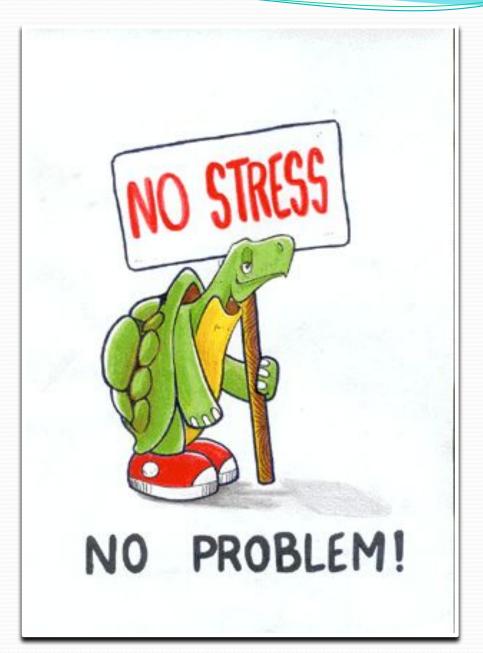












# Thanks for your attention!