

STRESS MANAGEMENT

Managing Stress for a Good Life






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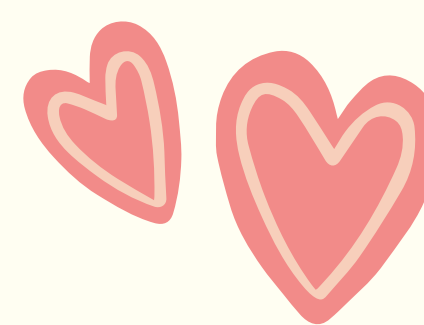

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WHAT IS STRESS?

Stress is the body's natural response to pressure or challenges. While small amounts of stress can be beneficial, excessive and persistent stress can have negative effects on physical and mental health.



CAUSES OF STRESS

Stress can be caused by a variety of factors, including work pressure, financial problems, personal relationships, and major life changes.

Both external and internal factors can trigger stress.



STRESS VS. ANXIETY

Stress is a response to a challenging situation, while anxiety is often a persistent feeling of fear or worry for no apparent reason.

These two conditions
require different
treatment approaches.

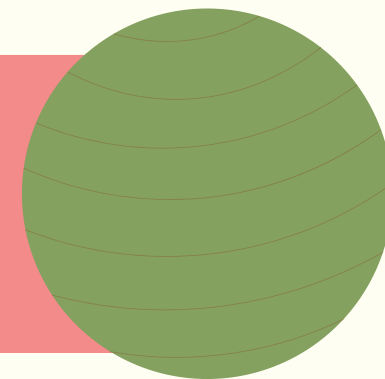




STRESS MANAGEMENT TECHNIQUES

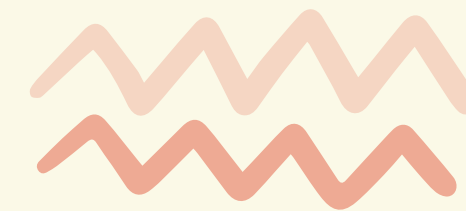
There are many ways to manage stress, such as regular exercise, meditation, yoga, good time management, and developing hobbies.

The key is to find the techniques that work best for you.





MINDFULNESS AND RELAXATION



Mindfulness is the practice of focusing your full attention on the present moment, without judgment.

Mindfulness exercises and relaxation techniques such as deep breathing and meditation can help calm the mind and relieve stress.





TIME MANAGEMENT

One common cause of stress is a lack of effective time management.

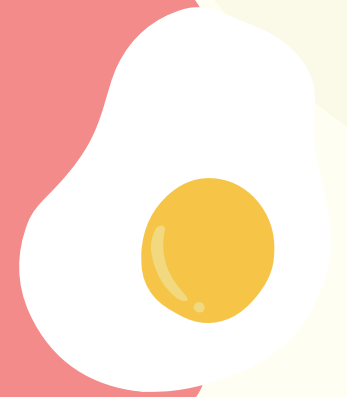
By prioritizing, managing your time well, and breaking large tasks into smaller chunks, you can reduce stress.



BUILDING A SUPPORT SYSTEM

Getting support from family, friends, or coworkers can help reduce stress. Don't be afraid to share how you're feeling and ask for help when you need it.

Social support plays a vital role in stress management.





HEALTHY LIFESTYLE CHOICES

Adopting a healthy lifestyle, including regular exercise, getting enough sleep, and avoiding alcohol and cigarettes, can help reduce stress.

**Good physical health contributes to
mental well being.**



“By implementing proper stress management techniques, we can maintain emotional and physical balance to live a healthier, happier life.”

THANK YOU

