

STRESS MANAGEMENT

LET'S MANAGE STRESS...



WHAT IS STRESS???

Stress is body's response to any change in an individual's life.

Stress happens when our **requirements exceeds our available resources.**

CAUSES OF STRESS

- Exams
- Meeting the deadlines
- Peer pressure
- Difficulty in organizing task
- Poor time management
- Leaving task to the last minute
- Unrealistic expectations
- Finance
- Relationships
- Past experiences



STRESS

Pressure
Tired
Frustration
Anxiety
Depression

Work
Worry
Nervous

Headache

Sadness
Migraine

Sadness

Depression
Frustration
Migraine
Pressure
Tired

Work
Emotion

Pain
Worry
Depression

Anxiety
Work
Frustration

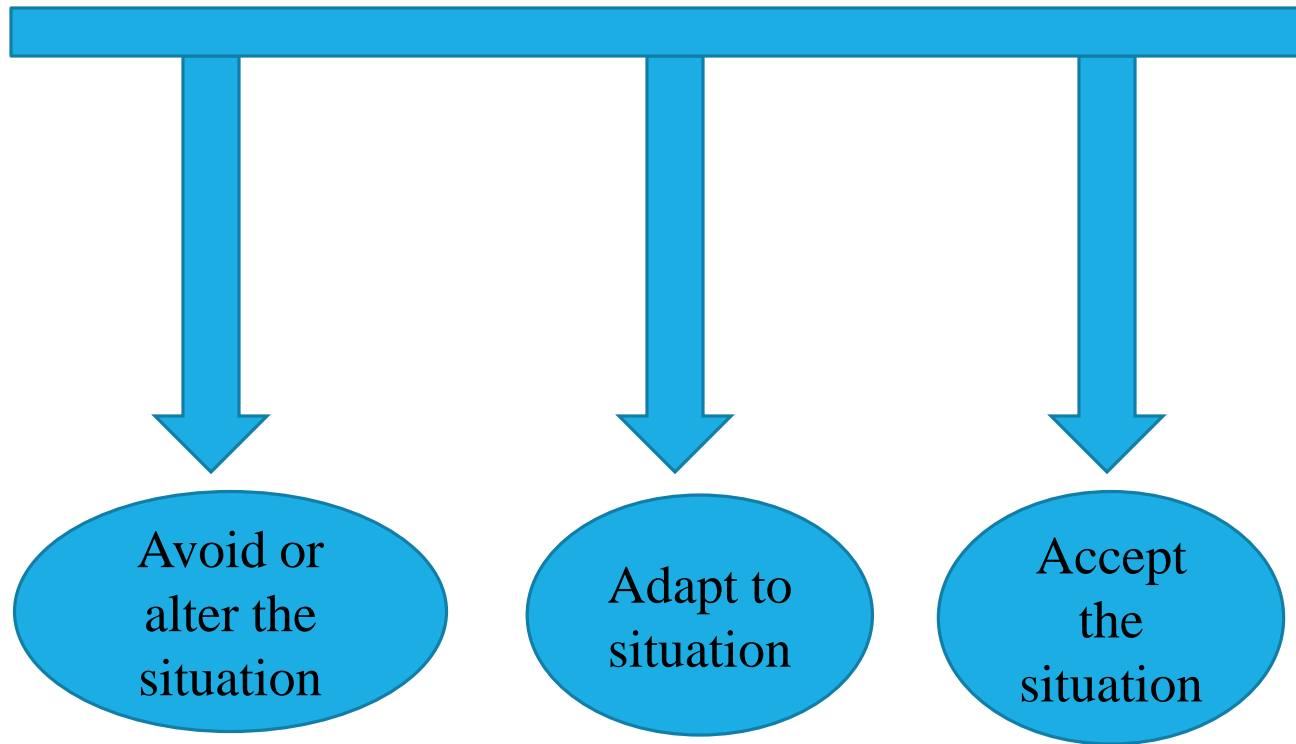
Migraine
Mental Health

SYMPTOMS OF STRESS

- Excess of sweating,
- Headaches,
- Sleeplessness,
- Lack of hunger,
- Lack of concentration,
- Low performance,
- Anxiety



STRESS MANAGEMENT TECHNIQUES



AVOID OR ALTER THE SITUATION

Learn to say “NO”

Avoid people who creates stress

Prepare a to do list

Express your feelings

Manage your time



TIME MANAGEMENT

Urgent

Not Urgent

Important	I	II
Not Important	III	IV



ADAPT TO SITUATION

Positive attitude

ABC technique

Adjust your standards

ABC TECHNIQUE

ABC stands for:

Adversity.

Beliefs.

Consequences.

How we think about this creates Beliefs. These beliefs then influence what we do next, so they become Consequences.

Here's an example – you yell at your friend because she forgot to print a key report before your submission (Adversity). You then think, "I'm a really lousy, I should have done it" (Belief). You then perform poorly during your presentation, because your self confidence has plummeted (Consequences)



ACCEPT YOUR SITUATION

Exercise

Yoga and meditation

Proper sleep

Don't try to control the uncontrollable

Learn to forgive

-Don't think of STRESS as

- a threat
- a demoralizer
- pressure
- overwhelming
- debilitating

-Don't focus on problems

-Don't fight stress

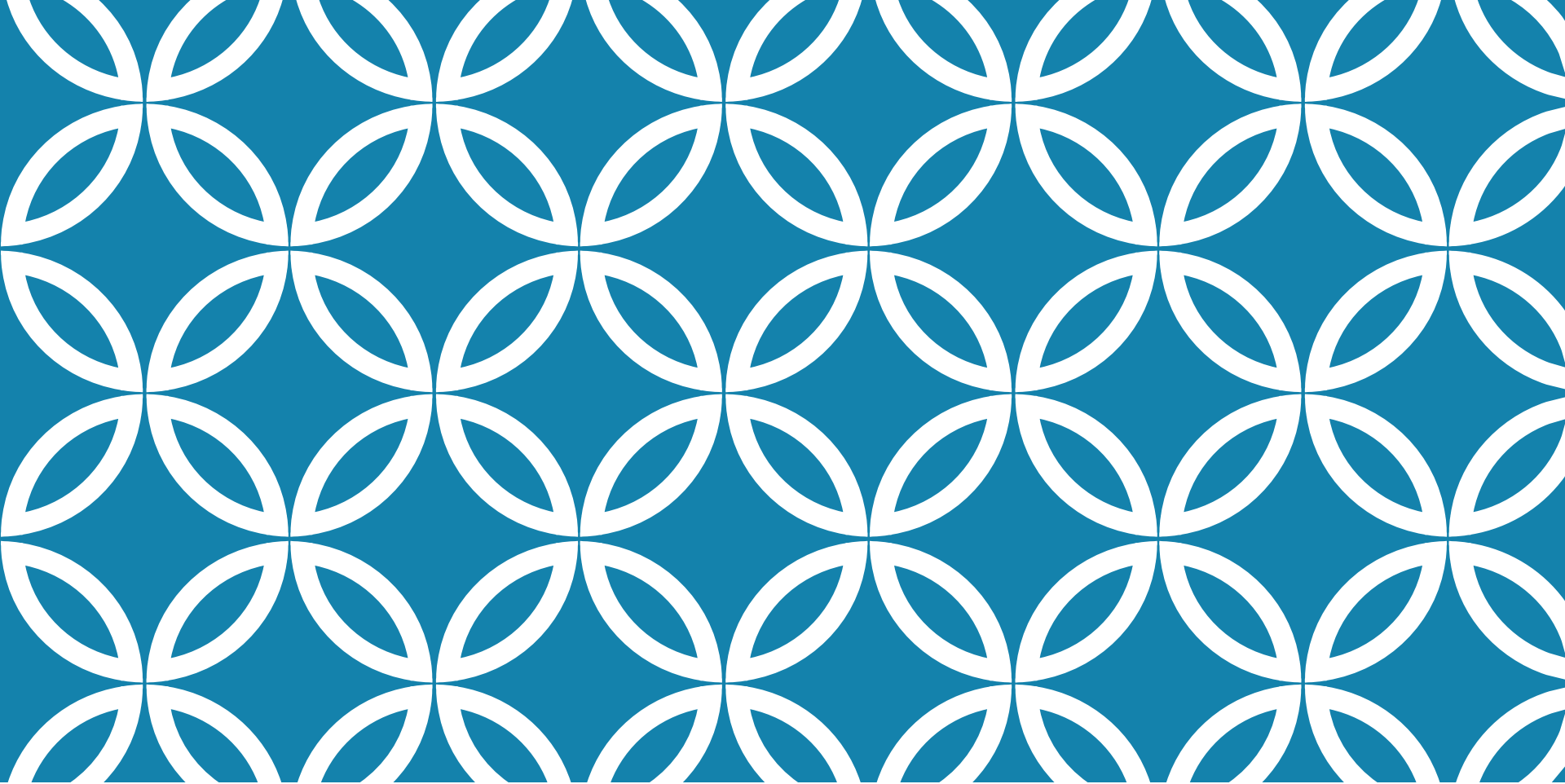


+Do think of STRESS as

- a challenge
- a motivator
- an opportunity
- manageable
- energizing

+Do focus on possibilities

+Do embrace stress



**“IT’S NOT STRESS THAT KILLS
US, IT IS OUR REACTION TO
IT” –HANS SELYE**