

Stress & Stress Management Techniques



Stress is a natural body response to pressure or challenges.

Types of stress

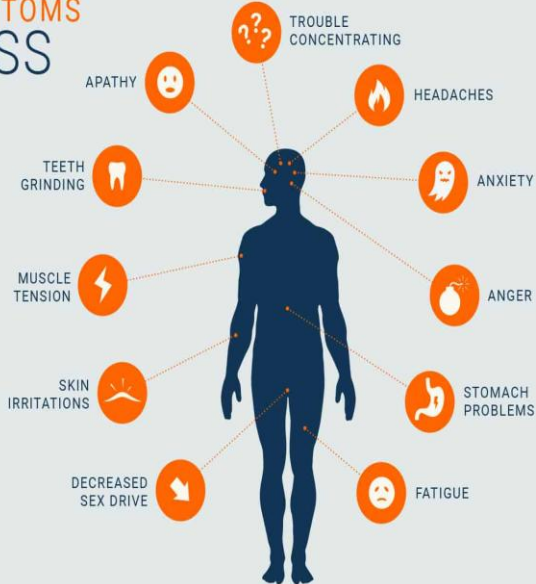
- ✓ Short term stress
- ✓ Long term stress

Commonly Caused by:

- ✓ Work
- ✓ Finances
- ✓ Family
- ✓ Health
- ✓ Change
- ✓ Uncertainty



Recognizing THE SYMPTOMS of STRESS



Signs and Symptoms of Stress

- ✓ **Physical:** headaches, fatigue, poor sleep.
- ✓ **Emotional:** irritability, worry, mood swings.
- ✓ **Behavioral:** overeating, withdrawal, loss of focus

How Stress Affects the Body

- ✓ Headaches and tension.
- ✓ Poor sleep and fatigue.
- ✓ Weakened immunity.
- ✓ Stomach upsets or appetite changes.
- ✓ Increased risk of heart problems

How Stress Affects the Body



Stress management strategies



Healthy Stress Management Techniques

- ✓ Deep breathing/relaxation.
- ✓ Regular physical exercises.
- ✓ Balanced diet & enough rest.
- ✓ Talking to someone you trust

"You can't always control what happens, but you can control how you respond."