

# COPING WITH STRESS

## OBJECTIVE

To understand what stress is, its impacts, and effective strategies for managing stress to achieve a happier and higher quality of life.

Instructor: George Waters



# What Is Stress?

Stress is a physical and emotional reaction to perceived demands or pressures.

## Types of Stress:

### Acute Stress

Occurs over a short period and is usually related to specific situations.

### Chronic Stress

Lasts over a long period and can affect overall health



# Causes of Stress

## Internal Factors

Negative thoughts, anxiety, low self-esteem.

## External Factors

Work problems, interpersonal relationships, major life changes.

## Physical

Sleep problems, digestive issues, headaches, increased risk of heart disease.

## Mental

Depression, anxiety, difficulty concentrating.

## Emotional

Irritability, sensitivity, feeling overwhelmed.

# IMPACT OF STRESS ON HEALTH

## Identify Causes

Recognize the sources of stress and try to understand the feelings associated with them.

## Acceptance

Accept that stress is part of life and focus on how to handle it.



# Stress Management Strategies - Identification and Acceptance

# Relaxation and Breathing Techniques



## Meditation

Spend time meditating daily to calm the mind.

## Deep Breathing

Practice deep breathing exercises to reduce physical and mental tension.

# Healthy Lifestyle

## Regular Exercise

Regular physical activity can reduce stress and improve mood.

## Balanced Diet

Consume nutritious foods to support physical and mental health.

## Adequate Sleep

Ensure quality sleep for body and mind recovery.





# Social Support and Communication

## Talk with Close Ones


Discuss your feelings with friends or family.

## Join Communities

Find support groups or social activities that you enjoy.

## Professional Consultation

Don't hesitate to seek help from a psychologist or counselor if needed.





# Conclusion

Stress management is an ongoing process that requires attention and effort but can significantly enhance quality of life.

# THANK YOU

