



STRESS IN MODERN LIFE

MADE BY

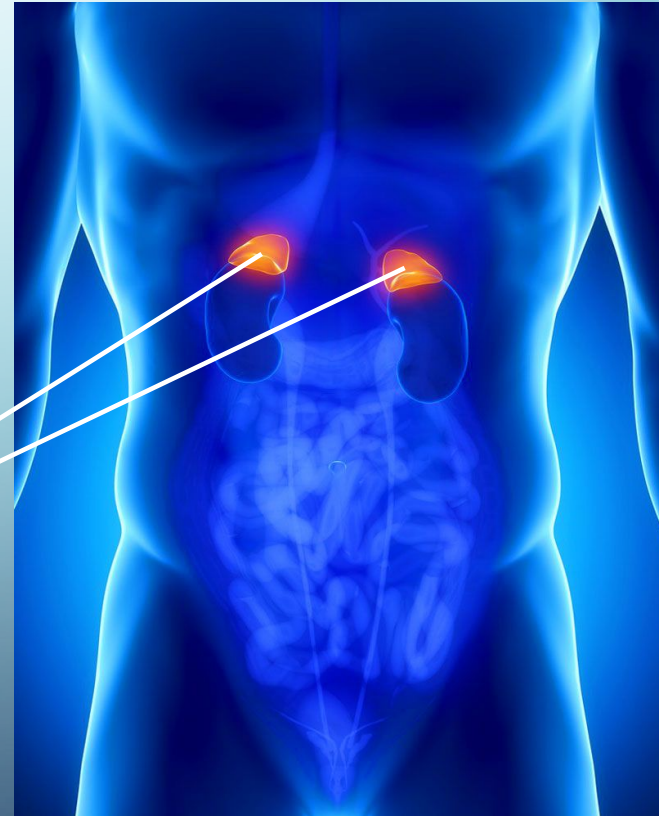
YEGOR YABLOCKOV

2016

BIOLOGICAL POINT OF VIEW



Hypothalamuses



Adrenals

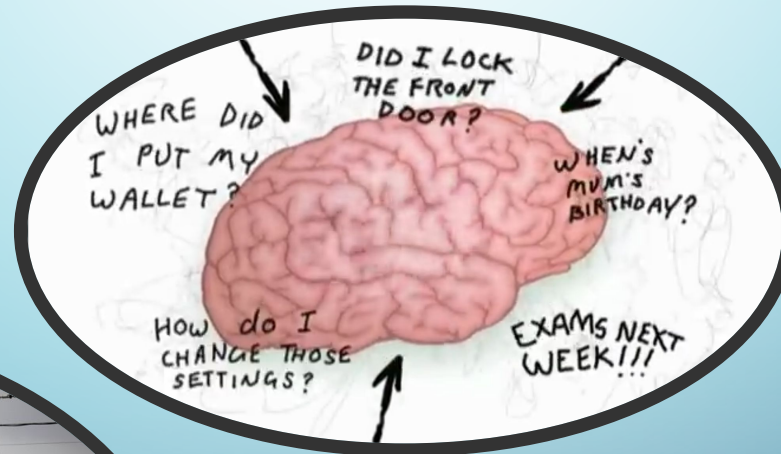
POSITIVE STRESS EFFECTS



DEALING WITH SHORT STRESSES



STRESSFUL LONG STRESSES



SEE THE CONSEQUENCES!



HOW TO DEAL WITH IT?



Walk!



Exercise!



Listen
to
music!

Get down
with nature!



Sleep!

Talk to someone!



The background is a blue gradient with decorative circuit-like lines in the corners. The lines are white and light blue, forming various geometric shapes and paths. The text is centered in a white, elegant serif font.

THANK YOU, AND KEEP YOUR MIND COOL!