



Стресс

Два правила:

Правило говорящего

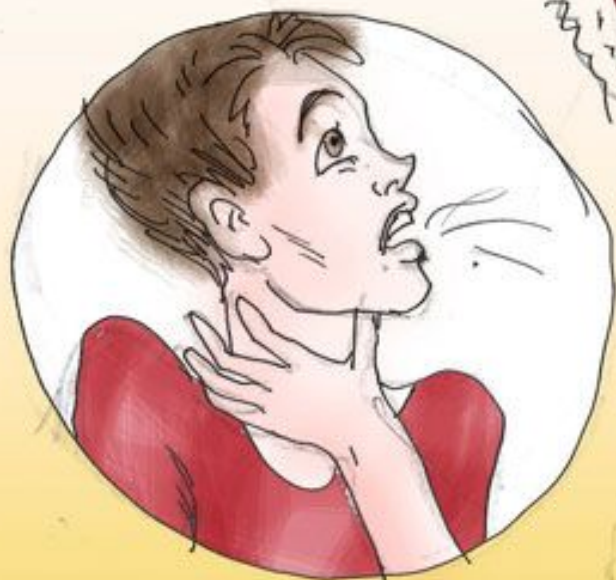


**Правило поднятой
руки**

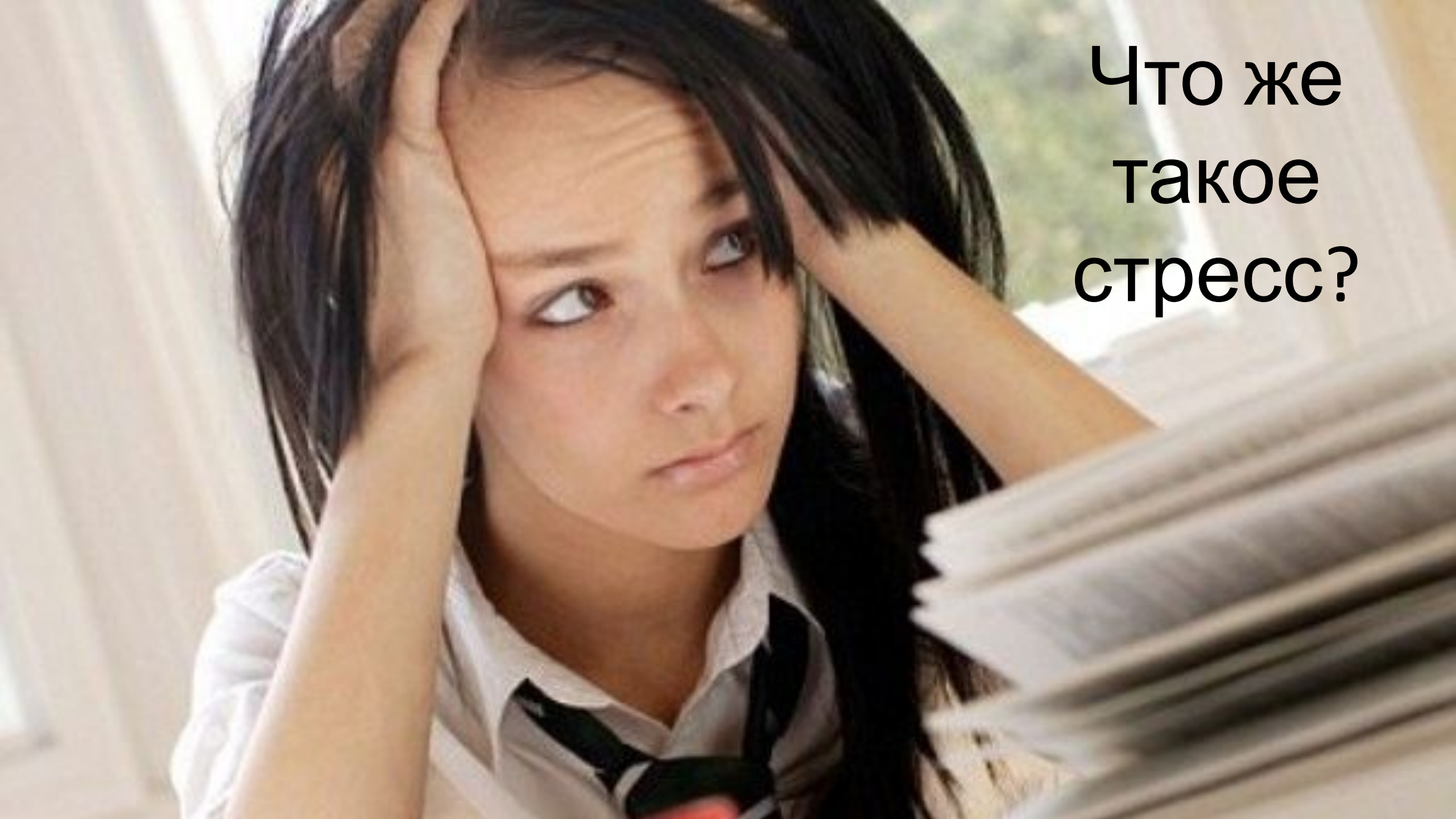


**Что мы
понимаем
под
тревожностью?**





Как
действует
стресс на
наш
организм?

A young woman with long dark hair, wearing a white school uniform shirt and a dark neckerchief, is shown from the chest up. She has a stressed expression, with her hands pressed against her temples. In the foreground, a large stack of papers is visible, slightly out of focus. The background shows a window with white curtains and some greenery outside.

Что же
такое
стресс?

Стадии развития стресса:



**1. Чувство
тревоги**



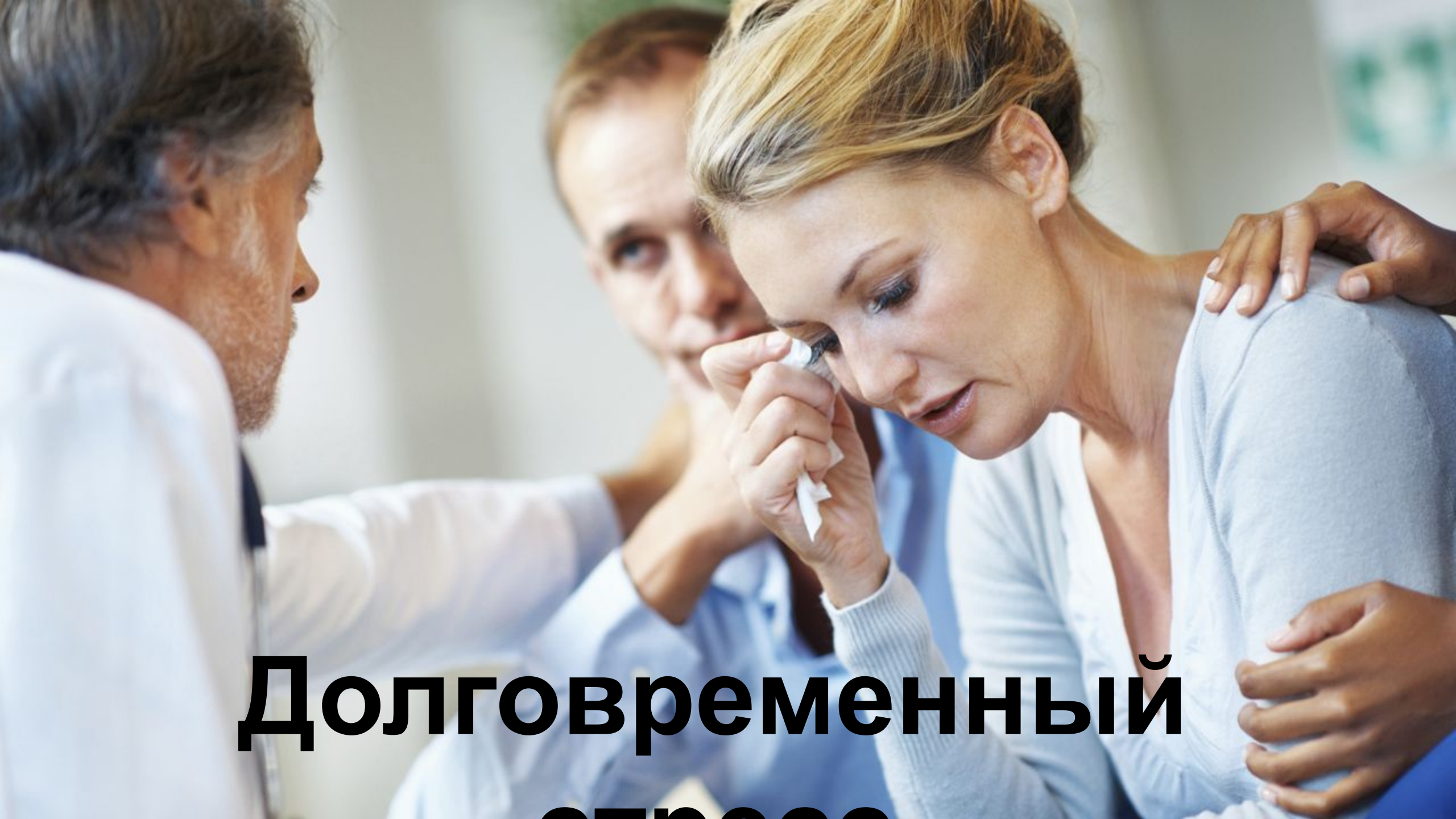
**2.
Сопrotивление**



3. Истощение

Кратковременный стресс





Долговременный

стресс



Вспомним основные причины стресса



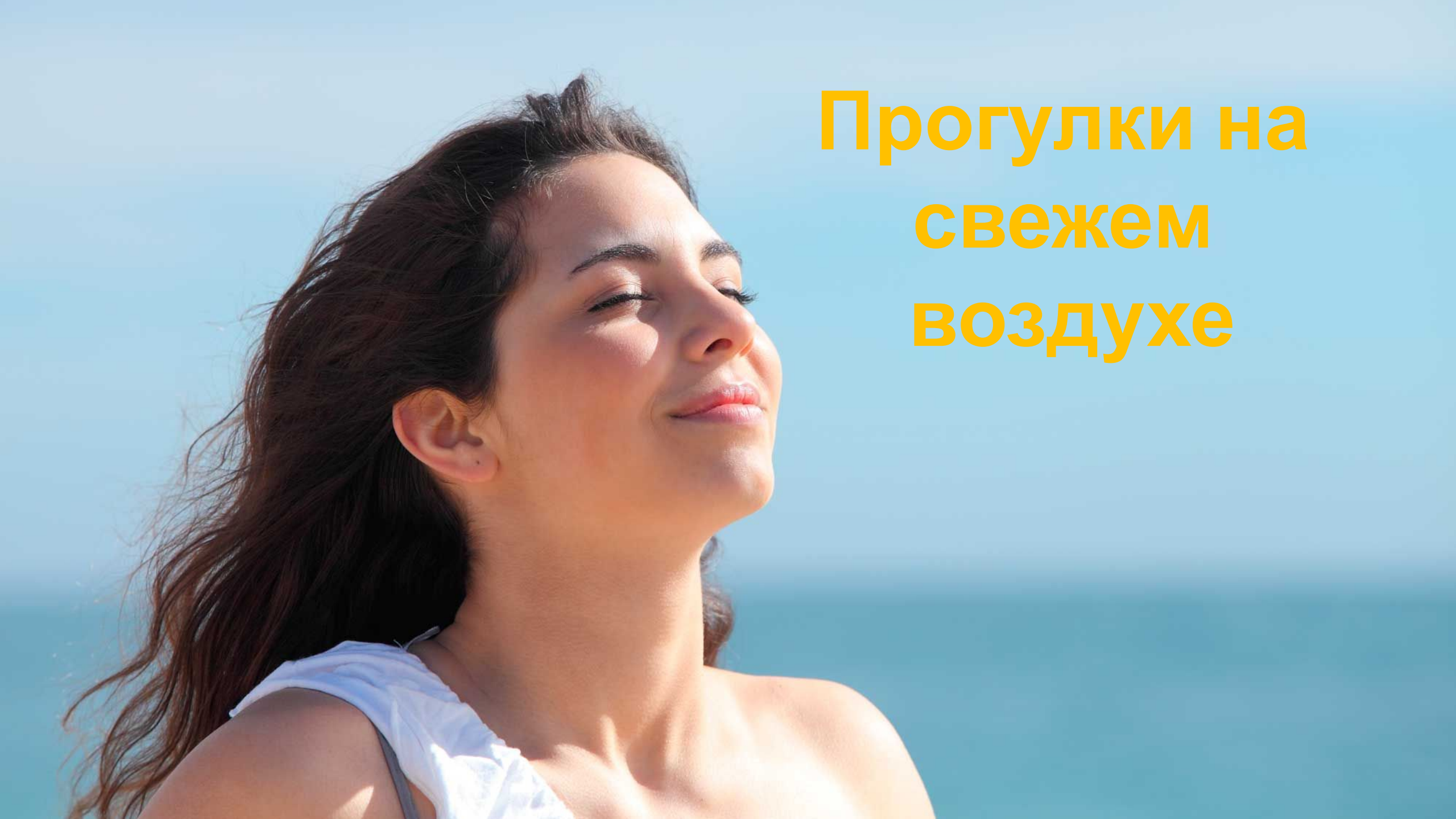


Влияние Стресса На организм

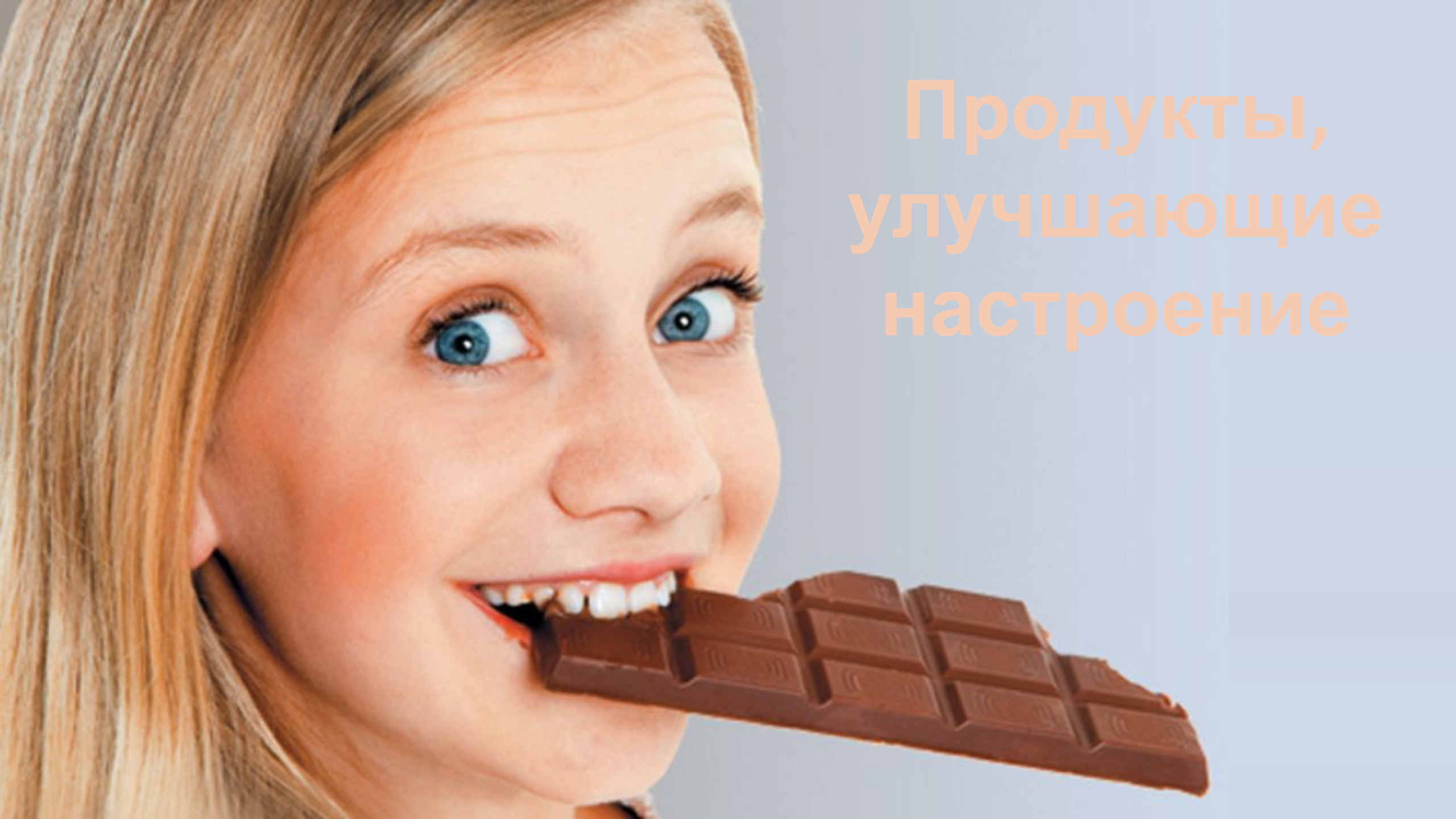


A close-up photograph of a person's hands holding a piece of white paper with the word "Help!" written on it in black marker. The person's face is blurred in the background, and they are wearing a blue top. The paper has a torn, ragged edge.

Help!

A woman with long, dark, wavy hair is shown in profile, looking upwards and to the right. Her eyes are closed, and she has a gentle smile on her face. She is wearing a white, sleeveless top. The background is a clear, bright blue sky. The overall mood is peaceful and refreshing.

**Прогулки на
свежем
воздухе**

A close-up photograph of a young woman with long, straight blonde hair and bright blue eyes. She is smiling broadly, showing her teeth, and holding a large, dark chocolate bar horizontally in her mouth. The background is a plain, light blue color. The text 'Продукты, улучшающие настроение' is overlaid on the right side of the image in a light orange color.

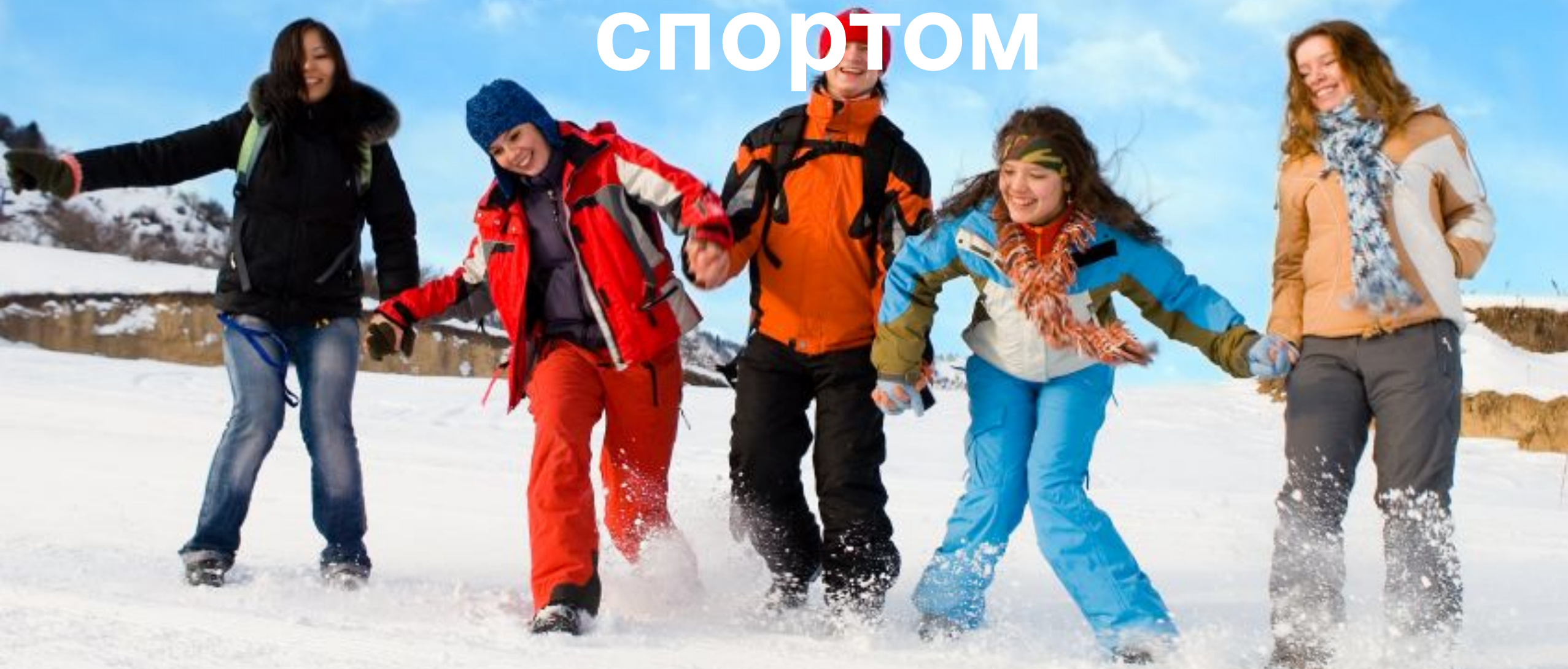
Продукты,
улучшающие
настроение



A photograph of two young women laughing joyfully outdoors. The woman on the left has long dark hair and is wearing a white patterned top under a black vest. The woman on the right has long blonde hair and is wearing a light-colored cardigan with a small red citrus slice pin on the chest. Her hand is resting on the other woman's shoulder. The background is a soft-focus park with green and yellow foliage.

Общение
с
близкими

Занятие спортом





**Улыбк
а**

**Крепки
й
сон**



A close-up, profile view of a young girl with her eyes closed, blowing bubbles. The background is a soft, out-of-focus green and yellow, suggesting a bright, sunny day. The word "Радость" (Joy) is written in large, white, sans-serif Cyrillic letters across the right side of the image. The overall mood is happy and carefree.

Радост
ь





**Спасибо за
внимание!**