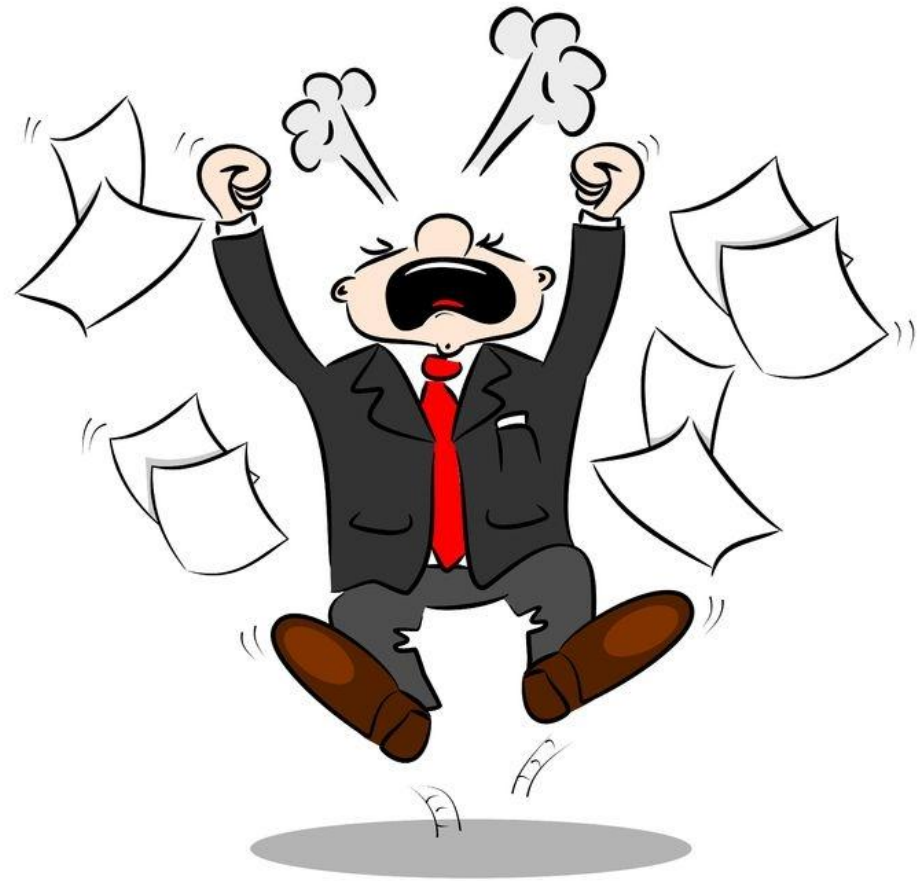# Stressed out!

What stress is

In a nutshell, "stress" is the way our bodies and minds react to life`s changers

Causes of stress

- **Difficult life situation**
- **Jobs**
- **Intensive tempo of life**
- **Sitting exams**
- **Crowds of people**

Effects of stress

- **Health problems**
- **Ill-being of our bodies**
- **Terrible feelings and emotions**
- **Problems with minds**
- **Family problems**

How to deal with stress

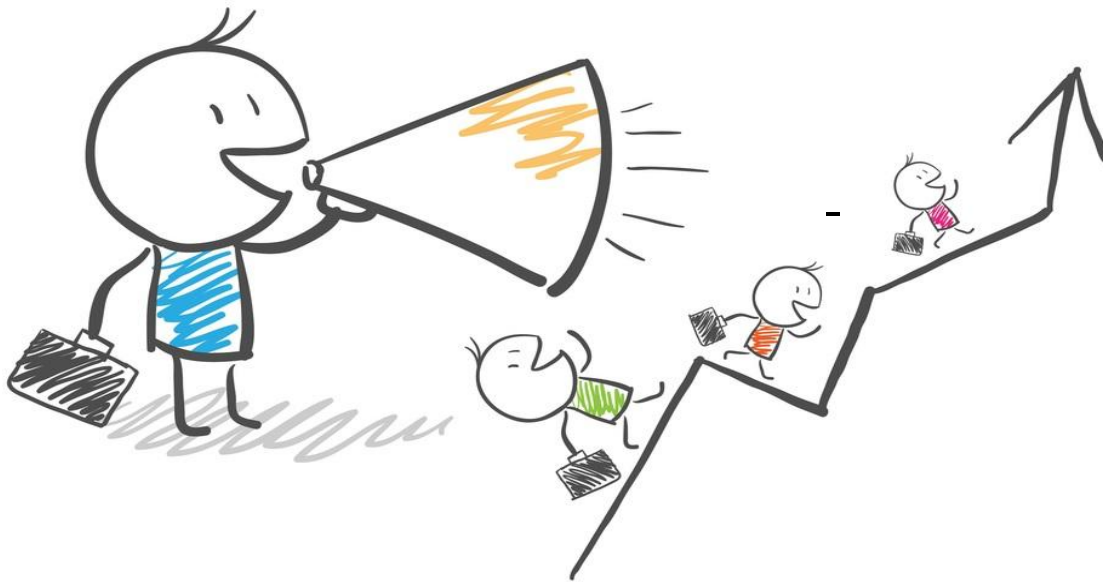- **Take control and remember your A,B,Cs**

A is for action

B is for bear it

C is for cope

A is for Action

You can take action when stress is created by something you can control!

- **Try to break tasks down into smaller "chunks"**

- **Deal with one thing at a time in order of priority**

- **Ask a friend or a family to help you lighten the load**

B is for bear it

If there`s nothing you do, you`ll just have to "grin and bear it"!

Saying that you`re "pulling your hair out" or that your workload "is killing you" will only make you feel worse!

- **Grin and bear it**
- **Learn how to control your thoughts**
- **Take slow deep breaths and count to ten**
- **Analyze the problem rationally**
- **Try to keep things in perspective**

C is for cope

- **Find ways to handle your stress**
- **Do something relaxing (such as going for a walk or for a coffee with a friend)**
- **Get enough sleep**
- **Exercise and eat regular (nutritious meals are all essential for coping with stress)**

You don`t have to let your problems rule your life!

•Thank you for attention!