

A woman with dark hair, wearing a dark blue shirt, is looking intently at a large digital display. The display shows a complex network diagram with blue nodes and connecting lines. The background is a dimly lit office with window blinds. The overall color palette is dark blue and teal.

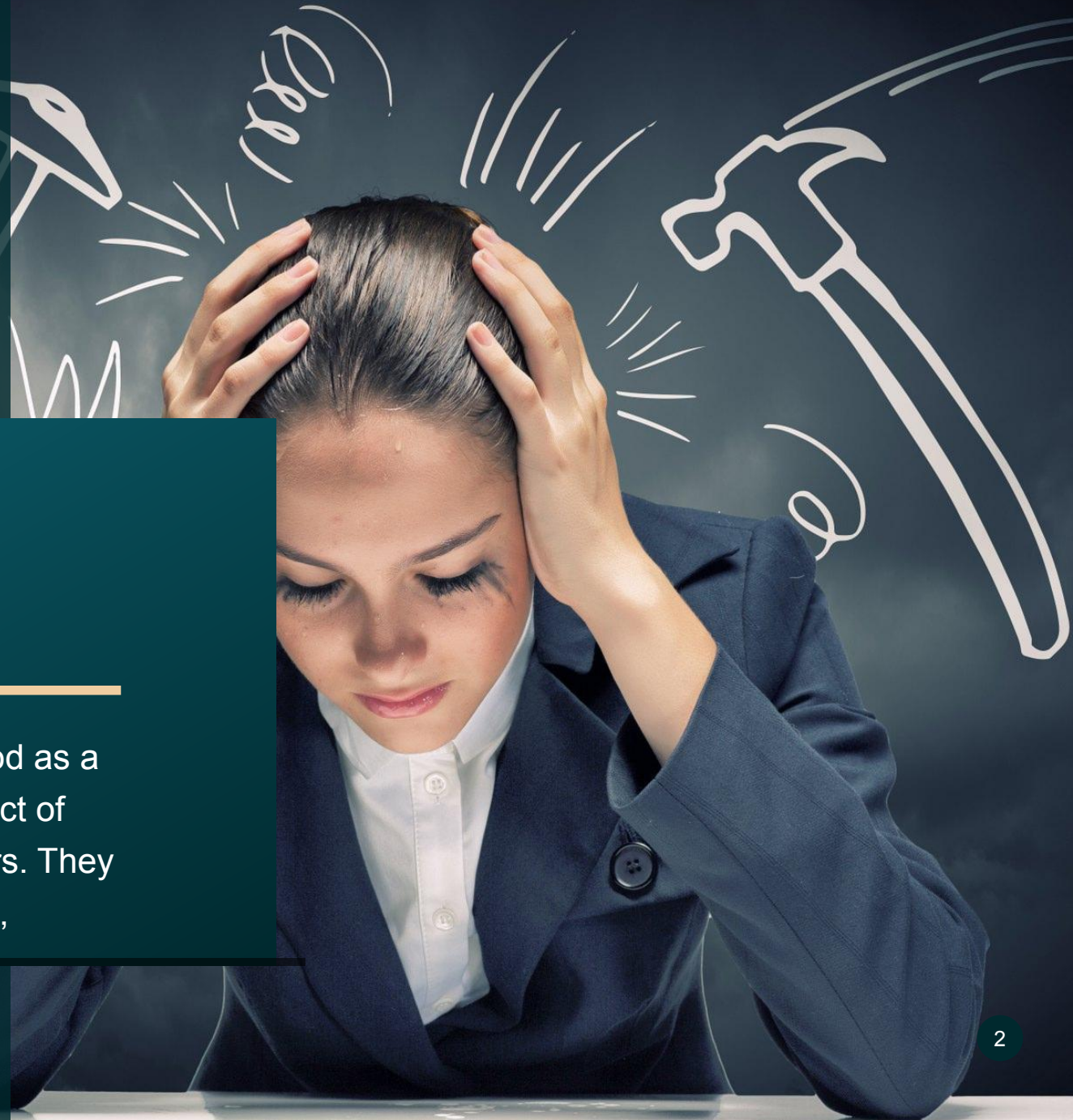
TYPES OF STRESS MANAGEMENT

The presentation was prepared by
Irina Fedko, Ksenia Karimova, Alexandra
Pilipenko



WHAT IS STRESS?

Stress - indicates pressure or tension. It is understood as a human condition that occurs in response to the impact of adverse factors, which are commonly called stressors. They can be physical (hard work, trauma) or mental (fright, disappointment).





THE PREVALENCE OF STRESS IS VERY HIGH. IN DEVELOPED COUNTRIES, 70% OF THE POPULATION IS IN A STATE OF CONSTANT STRESS. OVER 90% SUFFER FROM STRESS SEVERAL TIMES A MONTH. THIS IS A VERY WORRYING INDICATOR, CONSIDERING HOW DANGEROUS THE EFFECTS OF STRESS CAN BE.



EXPERIENCING STRESS REQUIRES A LOT OF ENERGY FROM A PERSON. THEREFORE, PROLONGED EXPOSURE TO STRESSFUL FACTORS CAUSES WEAKNESS, APATHY, A FEELING OF LACK OF STRENGTH.



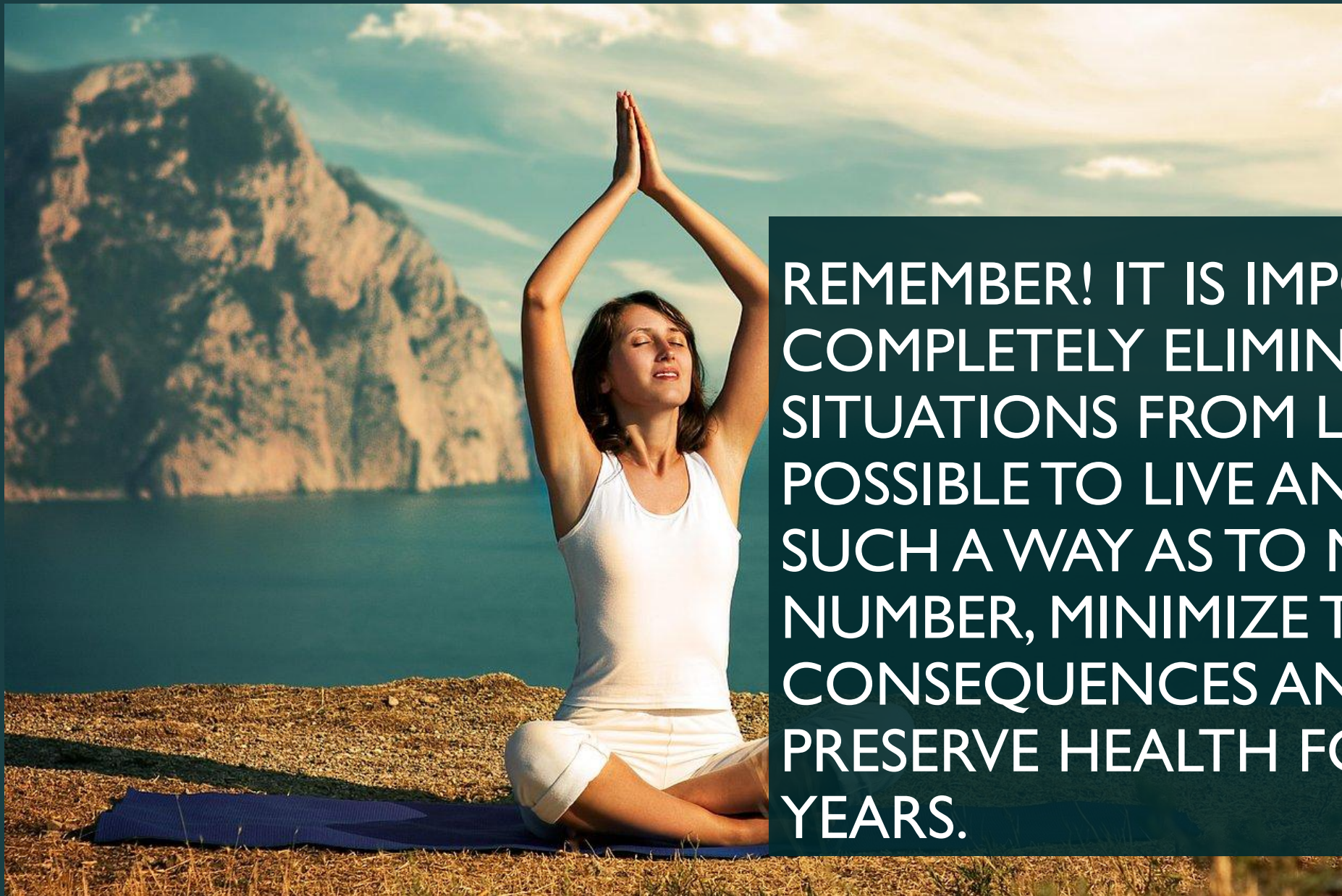
HOW TO AVOID STRESS AND HOW TO DEAL WITH IT ?



💡 WAYS AND PRINCIPLES OF OVERCOMING STR

1. Distraction from a stressful situation;
2. Reduction of the subjective significance of the event that caused stress;
3. Active behavior ;
4. The ability to relax;
5. Positive thinking: In any situation, you should remain optimistic;
6. Strive for reasonable organization in life, work, and everyday life.
7. Learn to say no to yourself, not to take on the solution of too many problems, especially those of others, by defining the limits of your own capabilities.
8. Learn to enjoy life.
9. Don't be a maximalist.
10. Do not dig into your past and even more so do not regret what you did not do once or did wrong.
11. Observe the correct diet, sleep and rest.





REMEMBER! IT IS IMPOSSIBLE TO COMPLETELY ELIMINATE STRESSFUL SITUATIONS FROM LIFE, BUT IT IS POSSIBLE TO LIVE AND WORK IN SUCH A WAY AS TO MINIMIZE THEIR NUMBER, MINIMIZE THEIR CONSEQUENCES AND THEREBY PRESERVE HEALTH FOR MANY YEARS.

A person in a blue suit is holding a white sign with a black smiley face. The image is semi-transparent and serves as a background for the text.

**THANKS FOR
YOUR
ATTENTION!**

