



10 Ways to Ease Stress

Here is where your presentation begins

WHAT IS STRESS?



Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline.

How Can We Handle Stress in Healthy Ways?

01

EAT & DRINK TO OPTIMIZE YOUR HEALTH

Consuming a healthy, balanced diet can help to combat stress.

02

EXERCISE REGULARLY

Exercise has been shown to be a powerful stress reliever. Aerobic exercise has been shown to release endorphins—natural substances that help you feel better and maintain a positive attitude.

03

PRACTICE RELAXATION TECHNIQUES

Taking the time to relax every day helps to manage stress and to protect the body from the effects of stress. You can choose from a variety of techniques, such as deep breathing, imagery, progressive muscle relaxation, and mindfulness meditation.

04

STOP USING TOBACCO & NICOTINE PRODUCTS

Nicotine actually places more stress on the body by increasing physical arousal and reducing blood flow and breathing.

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05

REDUCE TRIGGERS OF STRESS

You can free up time by practicing time-management skills like asking for help when it's appropriate, setting priorities, pacing yourself, and reserving time to take care of yourself.

06

ASSERT YOURSELF

It's okay to say "No" to demands on your time and energy that will place too much stress on you. You don't have to always have to meet the expectations of others.

07

SET REALISTIC GOALS & EXPECTATIONS

Realize you cannot be 100% successful at everything all at once. Be mindful of the things you can control and work on accepting the things that you can't control.

08

EXAMINE YOUR VALUES & LIVE BY THEM

The more your actions reflect your beliefs, the better you will feel, no matter how busy your life is. Use your values when choosing your activities.

METHODS YOU CAN USE TO RELAX OR REDUCE STRESS



Deep breathing exercises.



Mindfulness meditation.



Progressive muscle relaxation.



Relaxation to music.



Counseling, to help you recognize and release stress.



How Long Does Stress Last?

Stress can be a short-term issue or a long-term problem, depending on what changes in your life. Regularly using stress management techniques can help you avoid most physical, emotional and behavioral symptoms of stress.



HOW STRESS CAN BE GOOD FOR YOU

In scientific terms, good stress is called “eustress.” Eustress is the spark that drives us to achieve more, to improve the quality of our life, to ask for a raise, to fight for justice, or simply go on a holiday. So, here is a list of positive effects of stress.



IT MOTIVATES YOU TO SUCCEED

Eustress can be the thing you need to get your job done at work. Think about a deadline staring you in the face. It's going to encourage your behavior to manage the situation effectively and more productively. Success can be achieved in the workplace, in sports, or in a creative endeavor if it's driven by pressure.



IT CAN MAKE YOU STRONGER

Dealing with manageable stressful situations can make such situations in the future easier to handle. Repeated exposure to stressful events makes your body develop both physical and psychological sense of control.



IT BOOSTS BRAINPOWER

Low-level of stress helps in the production of brain chemicals called neurotrophins and strengthens the connection between neurons in the brain. In fact, this can be the primary mechanism by which exercising (a physical stressor) helps boost productivity and concentration.

POSITIVE EFFECT OF STRESS

When Should I Talk To A Doctor About Stress?

You should seek medical attention if you feel overwhelmed and if you have thoughts about hurting yourself. Your primary care provider can help by offering advice, prescribing medicine or referring you to a therapist.



SPEND TIME WITH FRIENDS & FAMILY

Social support from friends and family may help you get through stressful times and cope with stress.

Having a social support system is important for your overall mental health. If you're feeling alone and don't have friends or family to depend on, social support groups may help.

Consider joining a club or sports team or volunteering for a cause that's important to you.

SOURCE:

- <https://my.clevelandclinic.org/health/articles/8133-stress-10-ways-to-ease-stress>
- <https://my.clevelandclinic.org/health/articles/11874-stress>
- <https://www.healthline.com/nutrition/16-ways-relieve-stress-anxiety>
- <https://timesofindia.indiatimes.com/life-style/health-fitness/photo-stories/positive-effects-of-stress/photostory/57205647.cms?picid=57205661>

THANK YOU!