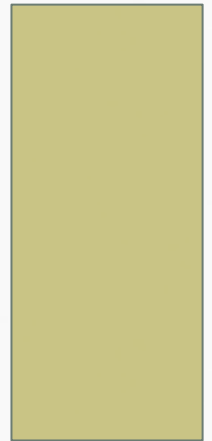


**TEMA YPOKA: DESCRIBING THE
SYMPTOMS OF STRESS AND GIVING
ADVICE ON HOW TO REDUCE STRESS**

MODULE 6: MULTIPLE INTELLIGENCES (SELF-STUDY PROJECT)



—10— SYMPTOMS of STRESS *You Should Know*



10. SYMPTOMS OF STRESS

- A general feeling of anxiety and feeling unwell.
- Trouble sleeping.
- Lack of concentration and focus.
- Mindless eating and snacking throughout the day. (Sweet and salty foods are particularly appealing!)
- Needing a nightly glass of wine or beer to unwind.
- Feeling overwhelmed.
- Hair loss
- Compromised immunity.
- Depression and loneliness.

GI symptoms including nausea, dizziness, and diarrhea.

11 TIPS

TO REDUCE STRESS

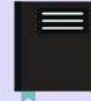
-
1. Reduce responsibilities
 2. Learn to say no
 3. Budget better
 4. Cut negative relationships
 5. Positive perception
 6. Exercise
 7. Get enough sleep
 8. Mindful practices
 9. Work/play balance
 10. Laugh a lot
 11. Declutter
-

ANSWER:

- 1. how often do you get stressed?
- 2. How does the stress affect to our mental and body health?
- 3. What do you do to reduce stress?
- 4. Do you think that stress is normal thing in our life? Why?

TOP 8 WAYS TO Reduce Stress

KEEP A JOURNAL



For tracking and recording things in your daily life that are causing you the most stress.

REDUCE CAFFEINE INTAKE



Caffeine can increase your bodies level of cortisol (also known as the stress hormone).

CHEW GUM



To help promote blood flow to the brain and relaxation.

TAKE A STEP BACK



To allow yourself to reset before becoming overwhelmed and frustrated.

PICK A PLAYLIST



One that is relaxing, to help lower your blood pressure & heart rate.

DECOMPRESS



With a warm wrap to relax tension in areas on your body that are stressed.

TALK TO A FRIEND



To get a fresh perspective on any issues that may seem unsolvable to you.

LAUGH IT OUT



To help lower cortisol levels and increase endorphin levels to promote a happy and healthy mood.

12 STEPS TO HAPPINESS



Thank

Thank someone and be appreciative toward your colleagues, every single day.



Experience

Experience new things, try stuff out, and let people run all kinds of experiments.



Give

Give something to another person or make it possible for others to offer gifts.



Hike

Hike outdoors, enjoy nature, and allow people an escape from the office and the city.



Help

Help someone who is in need of assistance, or enable colleagues to help each other.



Meditate

Meditate and get people to learn and adopt mindfulness practices.



Eat Well

Eat well, and make good, healthy foods easily available for everyone.



Socialize

Socialize, relate to other people, and make it easy for colleagues to develop connections.



Exercise

Exercise and work out regularly and make it easy for people to take care of their bodies.



Aim

Aim for a goal and get people to understand and realize their own purpose.



Rest

Rest well, sleep sufficiently, and enable colleagues to refresh their minds.



Smile

Smile whenever you can, appreciate humor, and get colleagues to engage in fun activities.

FILL OUT THIS PLANNER:



- THANK YOU FOR
ATTENTION!