

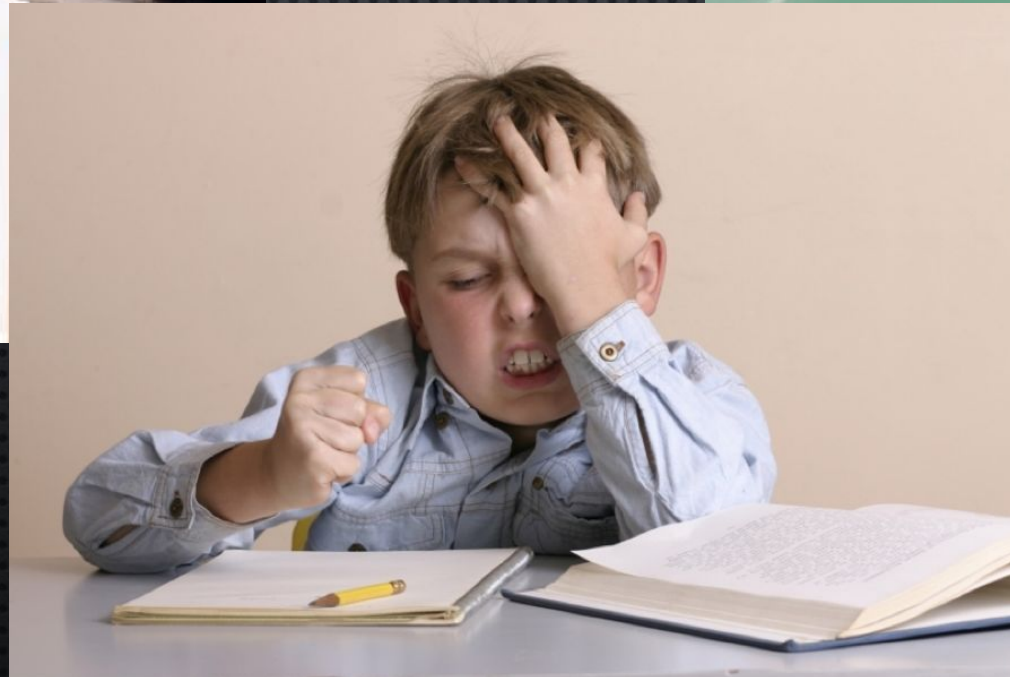
# WHAT CAUSES STRESS? HOW TO COPE WITH STRESS?

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# EVERYONE – ADULTS, TEENS AND EVEN CHILDREN – EXPERIENCES STRESS AT TIMES



# NOT HAVING ENOUGH TIME

- FREQUENTLY YOU CAN BE RUNNING AROUND ALL DAY TRYING TO BALANCE ALL YOUR TASKS AT WORK AND AT HOME, YET STILL NOT MANAGE TO TICK EVERYTHING OFF YOUR LIST.



# UNHEALTHY LIFESTYLE

- WHILE SOME PEOPLE MIGHT ADOPT AN UNHEALTHY LIFESTYLE DUE TO LACK OF TIME — FOR EXAMPLE BY TURNING TO FAST FOOD BECAUSE THEY HAVEN'T TIME TO EAT PROPERLY — OTHERS MAY HAVE AN UNHEALTHY LIFESTYLE BECAUSE THEY ARE ALREADY STRESSED — FOR EXAMPLE BY TURNING TO SMOKING AS COPING MECHANISMS.



# TAKING ON TOO MUCH

- YOU MAY HAVE A TENDENCY TO TAKE ON TOO MUCH BOTH AT WORK AND IN YOUR HOME LIFE, PERHAPS BECAUSE YOU DON'T WANT TO LET PEOPLE DOWN.



# CONFLICTS IN THE WORKPLACE OR AT HOME

- IF RELATIONSHIPS ARE STRAINED AT HOME OR IN THE WORKPLACE, THEN IT'S MORE THAN LIKELY THAT YOU'LL BE STRESSED ABOUT THEM.



# INABILITY TO ACCEPT THINGS AS THEY ARE

- IF YOU TRY TO CHANGE SOMETHING THAT YOU REALLY CAN'T CHANGE, THEN YOU'LL JUST BE CREATING UNNECESSARY STRESS THAT YOU CAN DO WITHOUT



# FAILURE TO TAKE TIME OUT AND RELAX

- BEING CONSTANTLY ON THE GO MEANS THAT YOU WILL BE IN A HEIGHTENED STATE OF TENSION ALL THE TIME AND YOUR BODY WILL NEVER HAVE THE CHANCE TO GET RID OF YOUR STRESS.





# MAJOR LIFE CHANGES

- SIGNIFICANT CHANGES IN THINGS THAT WE HAVE BECOME ACCUSTOMED TO CAN BE A REAL CAUSE OF STRESS.



# TIPS FOR COPING WITH STRESS:

- LEARN TO MANAGE YOUR TIME MORE EFFECTIVELY
- MAKE SMALL CHANGES TOWARDS A HEALTHIER LIFESTYLE
- KNOW YOUR LIMITATIONS AND DON'T TAKE ON TOO MUCH
- AVOID UNNECESSARY CONFLICTS
- ACCEPT THE THINGS YOU CAN'T CHANGE
- TAKE TIME OUT
- HARNESS THE POWER OF LAUGHTER
- WELCOME CHANGE AS A CHALLENGE



**THANK YOU FOR THE ATTENTION!**

