

How to overcome a stress.

*Work was performed by the student of
1 course 101 of MPGU group
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graph TD; Stress([Stress]) --> FEAR((FEAR)); Stress --> ALARM((ALARM)); Stress --> nervousness([nervousness]); Stress --> Test([Test]);
```

Stress

FEAR

ALARM

nervousness

Test



How to cope with a stress?

The background features a warm, golden-yellow color palette. At the top, there is a silhouette of a city skyline with several skyscrapers. Two butterflies are depicted in flight: one is positioned near the top center, and the other is on the right side. In the bottom right corner, there are faint, stylized white floral patterns. The main text is centered and consists of two lines, both underlined.

What is a
stress?




The stress is a concern on result of tests and reaction of an organism to experience.

Physiological symptoms of a stress

- Sleeplessness
- Headaches
- Heartbeat
- Back pains, in a stomach, in heart
- An indigestion
- Spasms

Psychological symptoms of a stress



- Carelessness
- Uneasiness
- Tearfulness
- Concern
- Fears
- Irritability

List of sites

- <http://krasna-devica.ru/article/936/kak-preodolet-stress>
- <http://psyfactor.org/lib/stress2.htm>



*Thank you for
attention.*