

STRESS

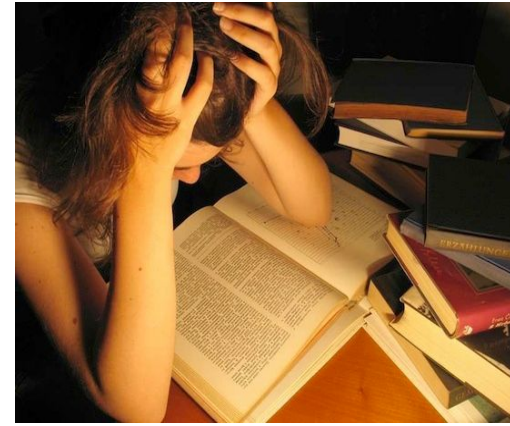
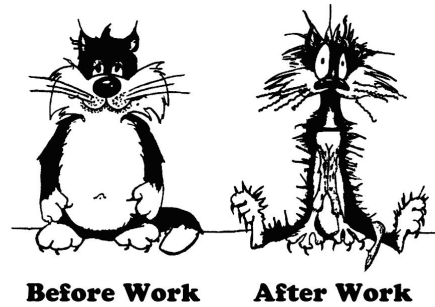




Stress is the way our bodies and minds react to life's changes



WHAT CAN CAUSE STRESS?



WHAT CAN CAUSE STRESS?

Parents:

- under fear to be made redundant;
- constantly talking shop;
- work full-time;
- personal problems;
- have no time to share the events of the day with their children;
- annoying behaviour of children.

Children:

- consider parents to be old-fashioned, unaware of the latest fads;
- parents interfere in children's private life;
- feel like staying out with their friends late.

STRESS=CONFLICTS



The most common reasons for arguments in families:

- attitude towards other family members;
- the quality of schoolwork;
- parents want their children to look after siblings;
- traditional disagreements are over such things as curfew (children are not allowed to go somewhere to “let steam off”).

THE GOOD SIDE OF STRESS

In stressful situations the nervous system causes:

- ⦿ muscles to tense
- ⦿ breathing to become shallow
- ⦿ adrenaline to be released into your bloodstream



THE BAD SIDE OF STRESS

Stress can cause physical and emotional symptoms:

- ◉ put too much strain on your heart
- ◉ headaches
- ◉ depressions
- ◉ forgetfulness
- ◉ low self-esteem



HOW TO DEAL WITH STRESS

A is for ACTION

You can **take action** when stress is created by something you can control.

If you have too many things to do try to...

- ⦿ break tasks down into smaller «chunks»
- ⦿ deal with one thing at a time in order of priority
- ⦿ ask a friends or family to help you lighten the load



HOW TO DEAL WITH STRESS

B is for BEAR IT

If there's nothing you can do, you'll just have
“grin and bear it”!

- ⦿ Learn how to control your thoughts
- ⦿ Take slow deep breaths and count to ten
- ⦿ Later, once you have calmed down, analyze the problem rationally
- ⦿ Repeat a saying “One day I’ll laugh about it!”
- ⦿ Try to keep things in perspective and don’t be too dramatic.



HOW TO DEAL WITH STRESS

C is for COPE

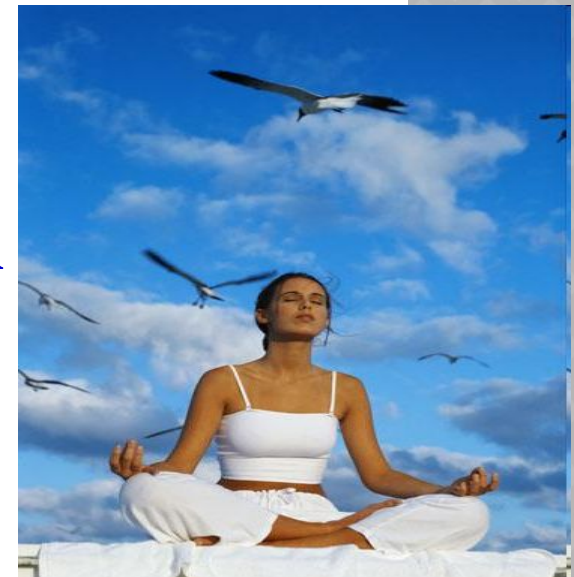
Find ways to handle your stress!

- ◉ Doing something relaxing such as going for a walk or for a coffee with a friend
- ◉ Writing poetry or keeping a diary
 - ◉ Getting enough sleep
 - ◉ Getting enough exercising
- ◉ Eating regular nutritious meals
- ◉ Try to keep a sense of humor and a positive attitude



HOW TO DEAL WITH STRESS

1. Take when stress is created something you can control.
2. Learn how to your
3. Analyse the rationally.
4. Repeat a saying “One day!”
5. Try to keep things in and don't be too
6. Find ways to your stress!
7. Try to keep a sense of and a attitude!
8. Don't let your problems!



HOW TO DEAL WITH STRESS

1. Take action when ***stress*** is created ***by*** something you can control.
2. Learn how to ***control*** your ***thoughts***.
3. Analyse the ***problem*** rationally.
4. Repeat a saying “One day ***I’ll laugh about it!***”
5. Try to keep things in ***perspective*** and don’t be too ***dramatic***.
6. Find ways to ***handle*** your stress!
7. Try to keep a sense of ***humor*** and a ***positive*** attitude!
8. Don’t let your problems ***rule your life!***



DON'T LET YOUR PROBLEMS
RULE YOUR LIFE!

