Stress management



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Pressing issues How to overcome stress? How to protect yourself from stress?

Definition

"Stress management – it is different types of interventions, which are carried out to fight stress. These interventions involve preventive measures. For example: training, courses, working with specialists, etc".

J. Bright and D. Fiona

Practical advice

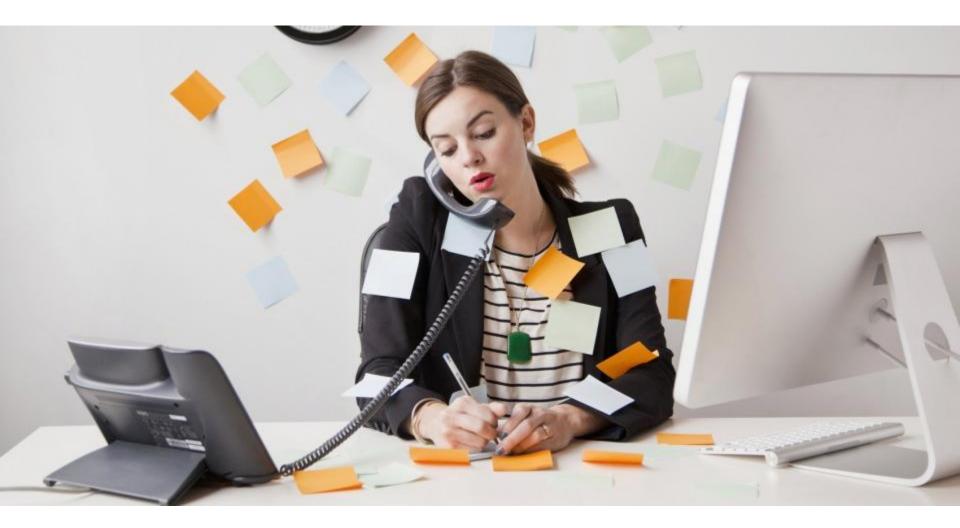
<u>Realize the situation – it is such as it is</u>.
 You do not change the situation if you panic. It will be better if you do not give vent to your emotions.

2. <u>Schedule an exit plan out of the situation</u>. What to do in this situation? Write a list of options.

- People who can help you
- Own talents and skills
- Just ask yourself questions which connect with your hobby and profession
- What do I love?
- What I like to do?
- What profession is closest to me?
- Do I like this?
- <u>Do not be afraid to say directly what you want in the future, how do you see your future life.</u>
 Realize your desires, turn it into goals and steps to achieve the goals. Direct your thoughts in this direction.

- <u>Do not let your self-esteem fall in difficult situations.</u>
 Think about your failures and successes. Read stories of people who were at the "bottom" and "up". Stress cannot
- be eternal. Depression will pass.
- 5. <u>Pay no attention to the opinion of the other people.</u>
- It distract of the main tasks.
- 6. <u>More activities and actions</u>.
- Be an active person, do not fail into despair. Try to
- Develop more time to sport.
- 7. <u>Rest</u>.
- Rest is a great way to bring your nervous system back to normal. Take your favorite things, distract from all the problems for 2-3 days.

Antistressful rules of behavior



1. <u>Get up in the morning for 10 minutes</u> <u>earlier than usual.</u>

You can avoid the irritation of the morning. Calm and orderly morning reduces trouble.

2. <u>Do not rely on your memory.</u>

Keep a diary.

3. <u>Count your luck.</u>

Memories of good reduce your irritation.

4. <u>Get enough sleep</u>.

Energetic condition improves efficiency and

Increases stress resistance.

5. Keep things in order.

The order on the desktop helps to be calm.

6. <u>Make your holiday as diverse as possible</u>.

Varied holding weekdays and weekends helps boost your performance.

RemindHow to overcome stress?How to protect yourself from stress?

Stress management - this is what you need for a fulfilling life. Trying to suppress stress - means to fight with yourself. But learn how to manage them - it means creating a resource which allows you move through life.

Thank you for attention!