

# Stress management



Student: Maria Mokhnik

Group: State Municipal Management (SMM) - 0415

# 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

1. Realize the situation – it is such as it is.  
You do not change the situation if you panic. It will be better if you do not give vent to your emotions.
2. Schedule an exit plan out of the situation.  
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?

3. Do not be afraid to say directly what you want in the future, how do you see your future life.

Realize your desires, turn it into goals and steps to achieve the goals. Direct your thoughts in this direction.

4. Do not let your self-esteem fall in difficult situations.

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. Pay no attention to the opinion of the other people.

It distract of the main tasks.

6. More activities and actions.

Be an active person, do not fall into despair. Try to

Develop more time to sport.

7. Rest.

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. Get up in the morning for 10 minutes earlier than usual.

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

2. Do not rely on your memory.

Keep a diary.

3. Count your luck.

Memories of good reduce your irritation.



4. Get enough sleep.

Energetic condition improves efficiency and  
Increases stress resistance.

5. Keep things in order.


The order on the desktop helps to be calm.

6. Make your holiday as diverse as possible.

Varied holding weekdays and weekends helps  
boost your performance.

# Remind

- ✓ How 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!