

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]);
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Stress

FEAR

ALARM

nervousness

Test

The background is a soft, warm-toned illustration. At the top, a city skyline with various skyscrapers is visible against a pale yellow sky. Two butterflies are flying: one near the top center and another to the right. In the bottom right corner, there is a decorative vine with small white flowers. The overall mood is calm and hopeful.

How to cope
with a stress?

The background features a soft, warm-toned illustration. At the top, a city skyline with several skyscrapers is visible against a pale yellow sky. Below the city, rolling hills in shades of light orange and yellow stretch across the horizon. Two butterflies, one orange and black and the other white and orange, are shown in flight. In the bottom right corner, there are faint, stylized white floral or vine-like patterns.

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

The background of the slide features a soft, warm-toned illustration. In the upper right, a city skyline with several skyscrapers is visible. Two butterflies are depicted in flight: one near the top center and another to the right of the city. The lower right corner is adorned with a delicate, light-colored floral and vine pattern. The overall color palette is a mix of pale yellows, oranges, and whites, creating a calm yet slightly somber atmosphere.

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

List of sites

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

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*Thank you for
attention.*