


Stress Management

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Main Topics :


- What is stress?
- What does stress mean to me?
- Things we need to know about stress
- What stress do to our body?
- Some tips to avoid stress
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What is stress?

- Stress is as feeling of fear and worry that can affect us physically and emotionally. The cause of this reaction of our body is when we are facing a challenging or threatening situation.
- I can develop a lot of stress in my career which is nursing, because I have to do many assignments, which it can be difficult to do all of them on time.



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What does stress mean to me?

- I choose to talk about this topic because It's something that happens to me frequently, since I am a person who gets stressed easily, and I think it is important to be able to manage that before it affect me physically and emotionally.
- Stress management is important to me because it is a topic that must be taken seriously. It can affect our health without realizing it. Many college students are going through moments of stress, and it is important to be informed that stress is not a simple feeling, it is a serious problem for our health.

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Things we need to know about stress:

- **When to recognize there is a problem?** When you start to have insomnia, weight loss or gain, fatigue, frequently headaches, feel depressed, anxiety problems, constantly worry and unable to concentrate.
- **How we can manage stress?** Keeping a positive attitude, set limits appropriately and say no to requests that would create excessive stress in your life, and also make time for hobbies to disconnect your mind from any problems.



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What stress do to our body?



1. Increased heart rate



2. Memory loss



3. Hair loss



4. Mental health problems

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Tips for stress management

1. Exercise

2. Yoga

3. Healthy diet

4. Distract your mind with friends

5. Listening to

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Conclusion

We must take care of our mental health because it greatly influences our health, whether physically or mentally. We must maintain a routine that helps us avoid these types of problems such as stress. Stress can affect us in different ways, and sometimes we don't give the importance that it deserves. One of the reasons why I chose this topic is to inform you, and also inform myself of how we can avoid this problem to create a better habit, as a college students we have to avoid be procrastinators because it is one of the causes that we mostly feel stress, knowing that we have to do our assignments at the last minute. So I hope you guys can take these strategies and apply them to your lives.

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Source

<https://www.nychealthandhospitals.org>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress>

<https://www.who.int/news-room>

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