



HOW TO MANAGE STRESS

WHAT CAN YOU DO TO MANAGE STRESS?

- recognize stress and its symptoms
- recognize the types of stressors
- explain why and how you feel stressed
- find a solution to fight and avoid stress

WHAT IS "STRESS"?

Stress is a physical, mental, or emotional factor that causes bodily or mental tension.

Stress has many faces, and creeps into our lives from many directions. No matter what causes it, stress puts the body and the mind on edge. It floods the body with stress hormones. The heart pounds. Muscles tense. Breathing quickens. The stomach churns.

SYMPTOMS OF STRESS

BODY:

- breathlessness
- headaches
- frequent infections
- muscular tension
- fatigue
- skin irritations

MIND:

- nightmares
- worrying
- negativity
- inability to concentrate
- muddled thinking
- indecisions
- hasty decisions

EMOTIONS:

- depression
- irritability
- anger
- apprehension
- anxiousness
- loss of confidence

STRESSORS

"Stressors" are things that cause stress.

What makes a stressor a stressor is our experience of how much demand for adaptation that an event or situation puts upon us.

Kinds of stressors:

BIOLOGICAL STRESSORS such as those that come from biochemical imbalances, mental or physical illnesses, disabilities or injuries.

ENVIRONMENTAL STRESSORS such as poverty, population, crowding, noise or natural disasters

COGNITIVE OR THINKING STRESSORS the way you perceive a situation or what you expect from it

LIFE SITUATIONS having a relative die, parents who separate or divorce, trouble in relationship

SOLUTIONS

- physical exercise
- sense of humor (self-mockery)
- keeping a stress journal
- take care of yourself
- the four A's

THE FOUR A'S

AVOID: how to say "no" and avoid people and situations that stress you

ALTER: change a stressful situation in a relaxing one

ADAPT: modify your attitude depending on the situation

ACCEPT: resign to all the things you can't change

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