

STRESS



WHAT IS IT? STRESS MANAGEMENT



STRESS

It is the body's reaction to situations that burden it. They exceed the body's ability to deal effectively with them and disturb its balance.

Stressors, i.e. disruptive events, appear in the external environment. Their source can be both physical, e.g. noise, disease, and social, e.g. family problems, loss of a loved one.

TYPES OF STRESS

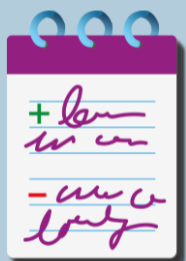
MOBILISING STRESS

An example may be the performance of a task for which we need to properly prepare. **It is then positive and encourages us to act.** By implementing them, a hormone called adrenaline is released, which makes it easier for us to complete the task.

LONG-LASTING STRESS

Prolonged stress or constant stress stimuli (so-called stressors) exhaust us physically and mentally. This type of stress affects our entire body badly and stress turns into a negative state. Its effects are: **irritation or mental breakdown, sometimes even depression.**

STRESS MANAGEMENT



PROPER PREPARATION

If you are stressed by a conversation with a person - write down all problems that you think may arise. Think carefully about what you can say and how to act. This will make you feel more confident. Treat difficulties as challenges! We can always learn something from them and find energy in it.



BE ACTIVE AND LEARN HOW TO RELAX

Physical activity has a positive effect on our entire body. It also has a beneficial effect on coping with stress. Do what you like? Run, meditate, exercise, go cycling. During physical activity, endorphins, i.e. happiness hormones, are released.



DO SOMETHING THAT MAKES YOU HAPPY

Go for coffee / tea, go for a walk, do some shopping. Sometimes simple things that we forget on a daily basis can cheer us up and make us stop worrying and forget about unimportant matters.



EAT AND HYDRATE PROPERLY

How we eat affects how we function. Lack of the right amount of vitamins and minerals is another factor that has a huge impact on your well-being. Drinking water and eating regularly can also help with stress management.



SMILE

Each type of smile has a positive effect on the body. The attitude we face in everyday life has a huge impact on the course of events. Smiling lowers the heart rate in stressful situations. One big smile can give us a lot of energy and motivation!



GET HELP

Talking to a loved one can change our attitude and uplift our spirits and change our perception of difficulties. You can also consult a psychologist or psychotherapist. During the conversation, communication and listening skills are important.