

Stress: Stress is a feeling of emotional or physical tension. On your behavior: Tobacco use, Social withdrawal
Stress Management Stress management involves the use of coping strategies in response to stressful situations
Stress management offers a range of ways to help you better deal with stress and difficulty
1. Awareness: The initial step in managing stress is awareness
2. Relaxation techniques
Individuals experience relaxation in different ways
Some individuals relax by engaging in large motor activities such as sports, jogging, and physical exercise
4. Stress is a natural human response that prompts us to address challenges and threats in our lives
Everyone experiences stress to some degree
Causes of stress
1. Being under lots of pressure.
2. Friends and family: difficult relationships with parents, siblings, friends, or children.
3. Employment: losing your job
4. Housing: Housing problems such as poor living conditions
Effect of stress
1. On your mood: Anxiety, Restlessness
3. Stress can be defined as a state of worry or mental tension caused by a difficult situation.
4. Not having enough work
Source of stress
1. Personal: illness or injury. It can come from any event.
2. Facing big changes.
3. Worrying about something.
On your body: Headache, Muscle tension and chest pain
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