

Okurcalar Berat Hayriye Cömertoğlu Ortaokulu

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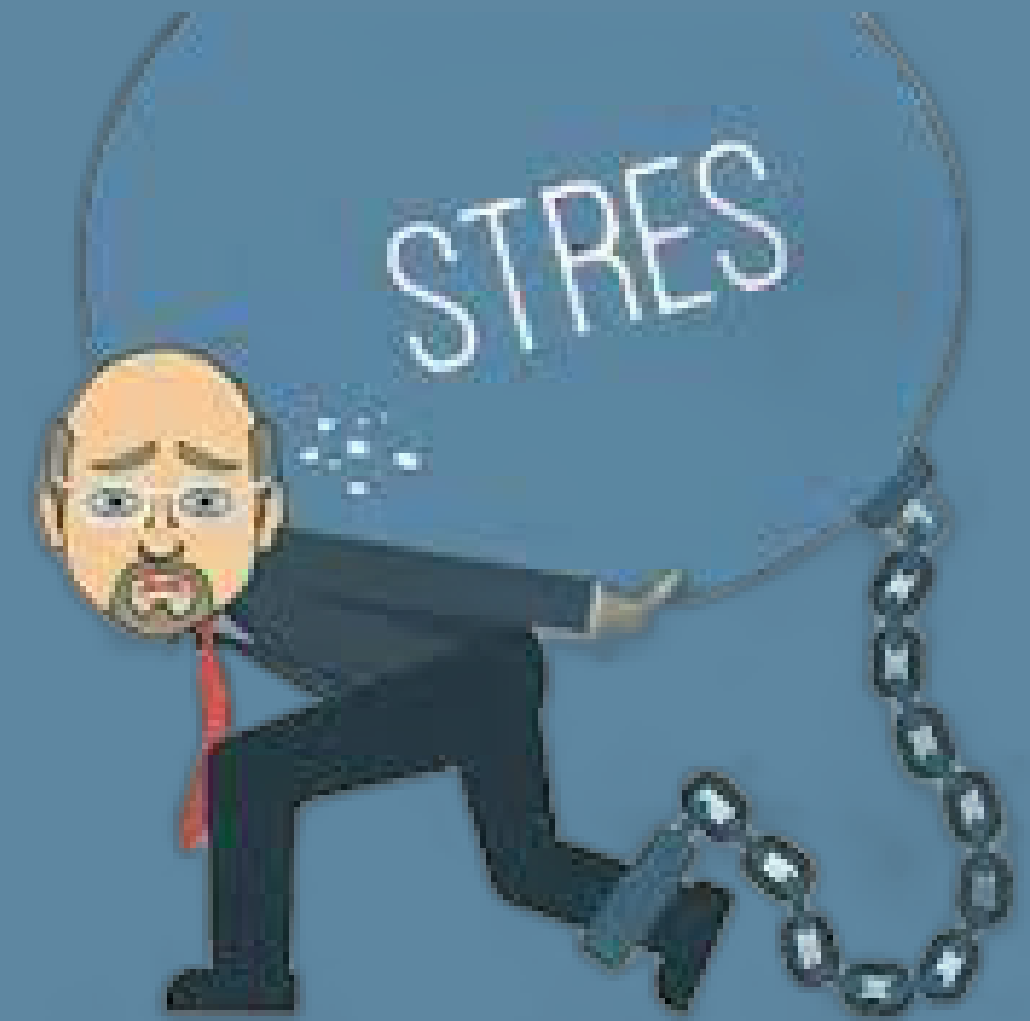
Stress Management

directed by

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What is stress ?

Stress is the body's being affected by some negative events and showing physical and psychological reactions to them.



When am I most stressed ?

1. I get stressed when things go wrong.
2. I get stressed when traffic is heavy.
3. I get stressed before and during the exam.



How to manage stress ?

1. Admit You Are Stressed

It is not possible for you to change or control something that you do not accept to exist. Start by observing yourself, noticing your stressful moments and admitting that you are stressed. Make sure that this is the most important step.

2. Change Your Perspective

Let's say there is nothing you can do! When faced with situations that you cannot change, try differentiating your perspective. You know, we always say, "I never looked at it from this angle, I never thought of it that way"... By focusing on positive thinking, you can remember that there is no good in every bad thing, and you can see the opportunities in problems.

How do i control stress ?

1. Exercising regularly
2. Listening to music.
3. Reading a book.
4. Spending time with my family and friends.

References

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