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Stress under control- emotions, body and mind



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What is stress and how to recognize it?

Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline.



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What is stress and how to recognize it?

There are many ways to show stress. Some people hide it with a smile, while others show it. The range of symptoms is very wide. They are mainly divided into physical, emotional, behavioral

Physical :

- Headaches
- Muscle tension
- Fatigue
- Upset stomach
- Rapid heartbeat
- Trouble sleeping

Emotional :

- Anxiety
- Irritability
- Mood swings
- Feeling overwhelmed
- Sadness or depression

Behavioral :

- Changes in appetite
 - Avoiding responsibilities
- Increased use of alcohol or drugs
- Nervous habits (e.g., nail biting)





Self-regulation techniques

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There are many ways to manage stress and the emotions that come with it.
General examples include:

- breathing exercises
- yoga
- meditation
- muscle relaxation
- talk and support
- physical activity
- sleep and rest
- tanning
- playing volleyball
- spending time with friends





Self-regulation techniques

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However, it is worth remembering that we ourselves have to develop our own methods, e.g.

- listening to music
- writing poetry
- cleaning
- eating our favorite meal
- tanning
- playing volleyball
- spending time with friends





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The role of stress hormones

The main task of cortisol is to increase the concentration of glucose in the blood in every situation, when our body needs it. When its level in the body is constantly disturbed. The stress hormone then stops fulfilling its functions and can negatively affect our health





Thank you for your attention!!!

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