

Stress Management

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- **Stress management:**

- A-minimizing stressful situation**

- 1. Change environment.*

- create safe environment.

- sun light.

- cleanliness.

- organization.

- avoid negative environment (people, place).

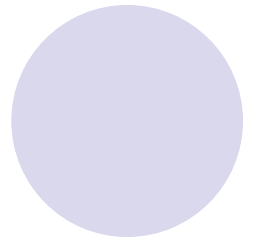
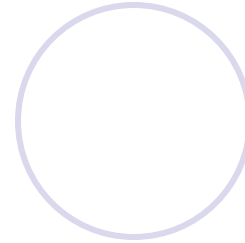
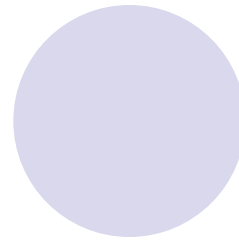
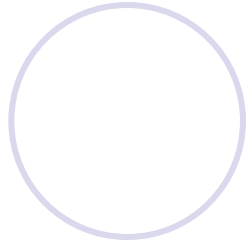
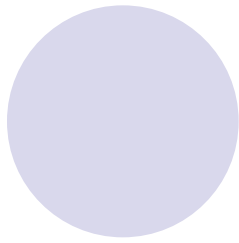


- *2. avoid excessive changes:*

- -avoid too many moves(relocation of home, job, school).
- -courses اجراءات


- *3. control spending.*

- - avoid expensive impulse purchases رغبة مفاجئة
- - avoid gambling مجازفة
- - avoid shopping sprees اوقات المتعة.



- *4. Avoid Arguments by communication skills:*

- - Be positive
- - Be agreeable
- - Be aware of voice tone.

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- *5. manage time:*
 - Create task list(1.must, 2.should, 3.like)
 - Arrive for appointments ahead of time.
 - Plan for unexpected events.
 - Develop good habits:
 - don't leave work for last time.
 - stay ahead of assignments
 - Keep a calendar.



- **B- Resistance to stress**

- **1.self care:**

- **exercise program**

- develop a daily exercise program

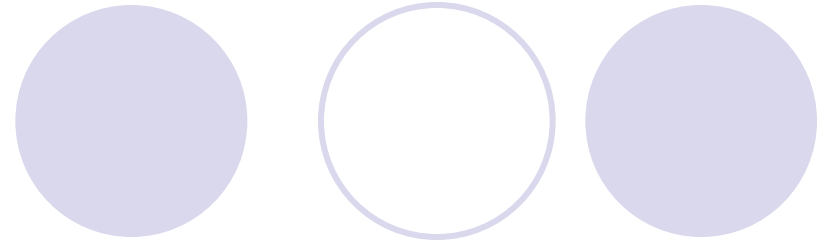
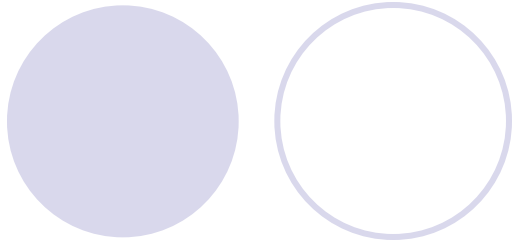
- choose exercise that you will do
take walks, run, bike

- **- set realistic goals (short and long term)**



- **Self esteem:**

- - Do things that will make you feel better for your self personally.
- - Spend the extra time on the paper or projects for school.
- - Choose clothing that make you feel good.
- - Join an organization that will give you a sense of belongingness.



- **Self efficacy:**

- - Become a master of something
- - Develop an expertise
- - Go to conferences to enhance your knowledge



- **Assertiveness:** الحزم في الدفاع عن الذات

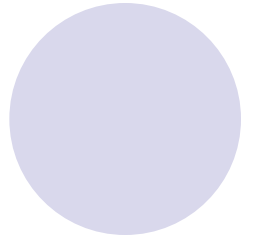
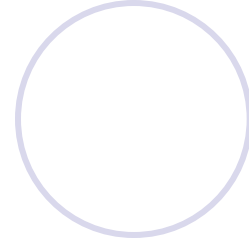
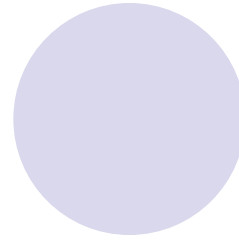
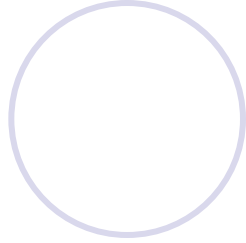
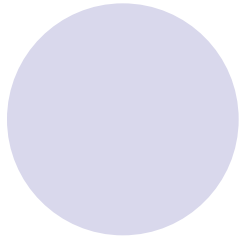
- Assertiveness training

- Communication skills

- **Nutrition:**

- Good nutrition program.

- Counseling and guidance needed with food disorders.



- **Diversion activities:** تسلية
- Hobbies
- Relaxing
- Knitting حياكة, games, playing, music



- **2. Build coping resources:**

- Counseling when necessary
- Friendships

- **3. Ventilation:**

- A problem shared is a problem solved.
- Develop a support network through friends or colleagues to talk with.
- Writing a diary or notes may help release feelings but do not re-read what has been written.

- **4. Relaxation/next lecture**



Thanks

for your

patience