How to deal with stress?

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Stress in school

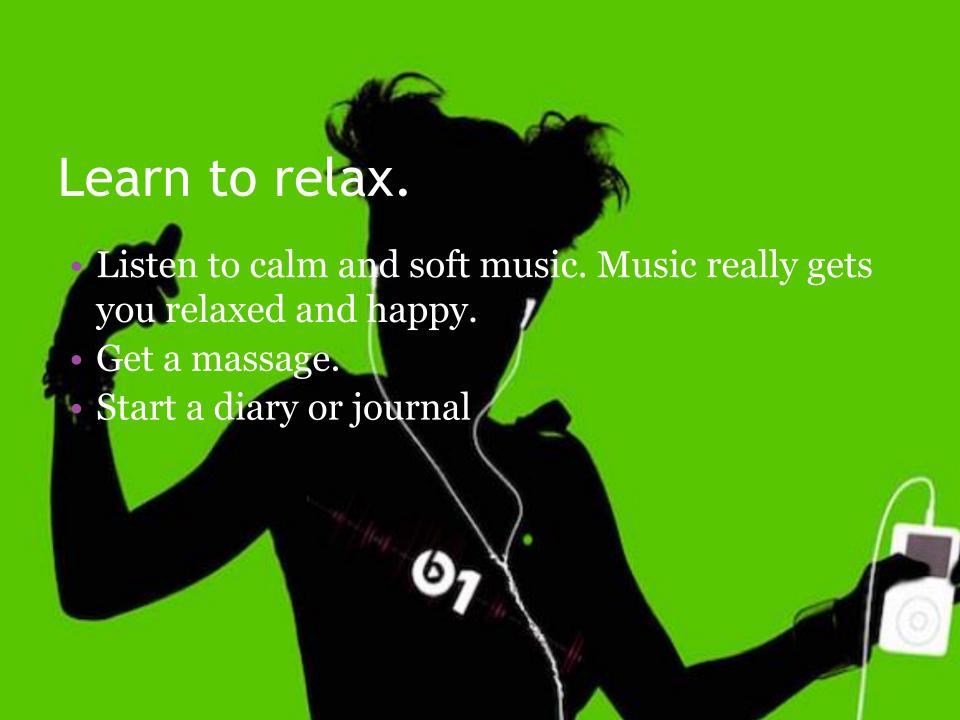
• Stress is very harmful and thats why we have to do something about that . We can learn how to reduce stress and how to face with it.

I am going to give you some advices











 Although you could technically consider yoga your daily exercise, practicing the deep stretches and slow body movements will help you to clear your mind.





And also

- Avoid negative thinking
- Organize your life
- Identify the things that put you under stress
- Stop worrying about the things you cannot change