

How to deal with stress?

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A decorative graphic element consisting of several horizontal lines of varying lengths and colors (teal, light blue, white) extending from the right side of the slide.

Stress in school

- Stress is very harmful and that's 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





Change your diet.

- Eat a lot of vegetables and nutritious ingredients

A woman with dark hair tied back, wearing a white tank top and black shorts, is captured in mid-stride while running on a sandy beach. She is smiling and looking down. The background features a clear blue sky, a calm blue ocean, and a small wave breaking on the shore. The overall scene is bright and sunny.

Exercise regularly.

- exercises will help you to get rid of stress hormones and increase your endorphin levels - responsible for feelings of happiness. So find time to do exercises keep your body healthy and as a natural outlet for your stress

Get enough sleep.

- About 7-8 hours



Learn to relax.

- Listen to calm and soft music. Music really gets you relaxed and happy.
- Get a massage.
- Start a diary or journal


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Practice Yoga

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



A person in equestrian attire is riding a brown horse. The rider is wearing a dark jacket, light-colored breeches, and black boots. The horse is in motion, and the background shows a stone wall and a sign that partially reads "MAY DAY FARM".

DO things you love !

- Like sports



And also

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