

Stress Management 101

1. What is Stress?

- Stress is a response to a demand or pressure.
- It can be both good and bad.
- It can affect your health and well-being.



2. How to Manage Stress

- Exercise regularly.
- Eat a healthy diet.
- Get enough sleep.
- Practice relaxation techniques.
- Seek support from friends and family.

Solving Lives Problems

J Dewey



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