

Stress Management

You can handle it!



Learning Points

- ❖ What is stress, Is it all bad?
- ❖ Key to coping with stress
- ❖ Stress Reduction methods
 - ❖ Breathing Exercises
 - ❖ Soothing Music
 - ❖ Laughter
 - ❖ Surya Namaskar
 - ❖ Self Massage
 - ❖ Meditation
 - ❖ Imagery and positive thinking
- ❖ Handling anger and worries
- ❖ Breaking inhibitions and gaining confidence
- ❖ Life Work Balance