

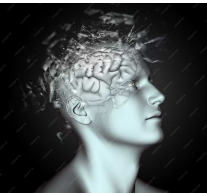


UNDERSTANDING STRESS: UNRAVELING THE IMPACT AND COPING STRATEGIES



UNDERSTANDING STRESS

Stress is a **natural response** to challenges and can have both *positive and negative effects* on our well-being. This presentation will explore the impact of stress on the mind and body, and provide effective coping strategies.



IMPACT OF STRESS

Stress can lead to **anxiety**, *depression*, and various physical health issues. It affects the **brain**, immune system, and can disrupt sleep patterns.

Understanding the impact of stress is crucial for developing effective coping mechanisms.

COPING STRATEGIES

Effective coping strategies include *mindfulness*, *exercise*, and maintaining a *supportive network*. Additionally, *time management* and *positive self-talk* can help reduce stress levels and improve overall well-being.



CONCLUSION

Understanding the impact of stress and implementing effective coping strategies is essential for maintaining **mental and physical health**. By recognizing the signs of stress and utilizing appropriate coping mechanisms, individuals can improve their overall well-being and resilience.

Thanks!