

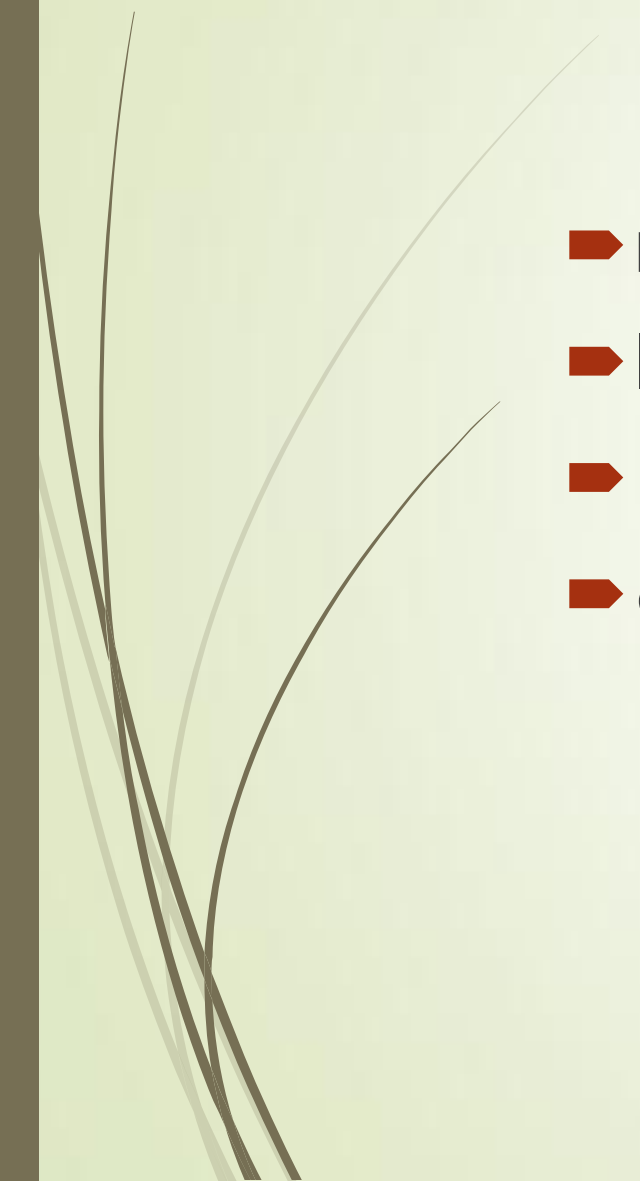


## Methods of coping with stress

- positive thinking,
- turning a difficult situation into a joke,
- talk with someone close,
- physical exercises,
- relaxation exercises.



# How to avoid stress?

- realistic expectations,
  - learning time planning,
  - healthy lifestyle,
  - cherishing friendships.
- 



# Signs of stress

- **PHYSIOLOGICAL SYMPTOMS:** sweating, trembling hands and legs.
- **THINKING EFFICIENCY:** gaps in memory, obsessive returning to one thought, difficulty in concentration, forgetfulness.
- **EMOTIONS:** anxiety, nervousness, anger, depression, becoming introverted.
- **BEHAVIOUR:** aggression, nervous laughter, nervous tics.