STRESS: HOW TO PREVENT IT

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STRESS IS A PART OF OUR LIFE

1. **Eustress is good**
2. **Distress (too much stress) is bad and can cause symptoms and diseases: we have to learn to manage it!**

7 TIPS TO MANAGE STRESS AT WORK, SCHOOL, HOLIDAYS AND EVERYWHERE

1. Sleep at least 7-8 hours per night
(slow down at least 30 min before going to bed)

From Harvard Graduate School of Education

7 TIPS TO MANAGE STRESS AT WORK, SCHOOL, HOLIDAYS AND EVERYWHERE

2. Slow down
(take 15 minutes a day
to relax,
take a tea,
do a walk,
do yoga, have a hot bath, take time for you …)

From Harvard Graduate School of Education

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3. Exercise

(do regularly every day or at least 2 time a week)

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4. Express gratitude

(each night before you fail asleep, contemplate 3 good thinks about your day or your life: feel deep appreciation)

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5. Be present

(at least one a week listen wih your whole heart to the concerns of a friend or family member – and ask for the same in return)

From Harvard Graduate School of Education (modified)

7 TIPS TO MANAGE STRESS AT WORK, SCHOOL, HOLIDAYS AND EVERYWHERE

6. Smile, laugh and lighten up

(laughter lowers the stress hormon cortisol and release endorphin: take 1-2 minutes a couple of times each day to think of something that makes you smile)

From Harvard Graduate School of Education (modified)

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7. Get organized

(sit down and prioritized and schedule all thinks that you need to do ...)

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