



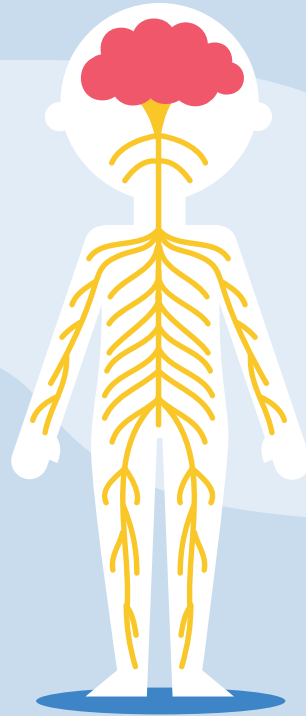
Stress

Management



Stress happens when we are feeling pressure or uncomfortable about a certain situation.

How dose stress affect our body?

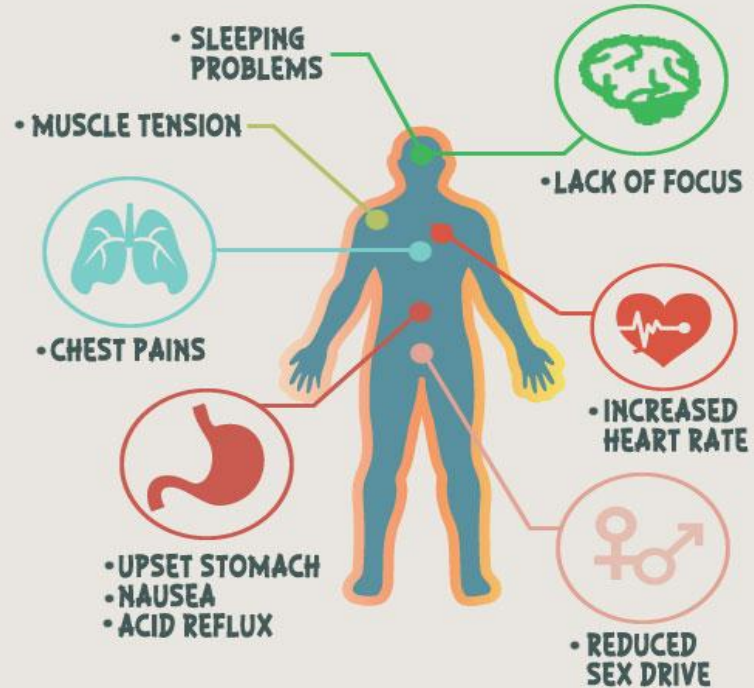


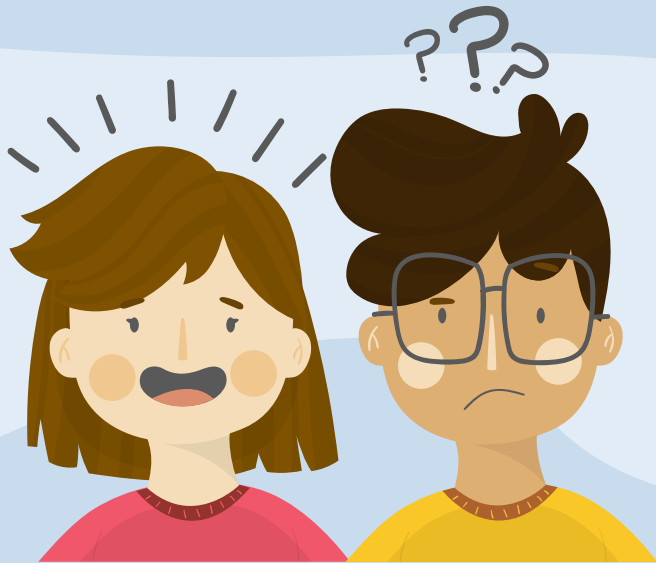
Video 1





THE EFFECTS OF STRESS ON YOUR BODY





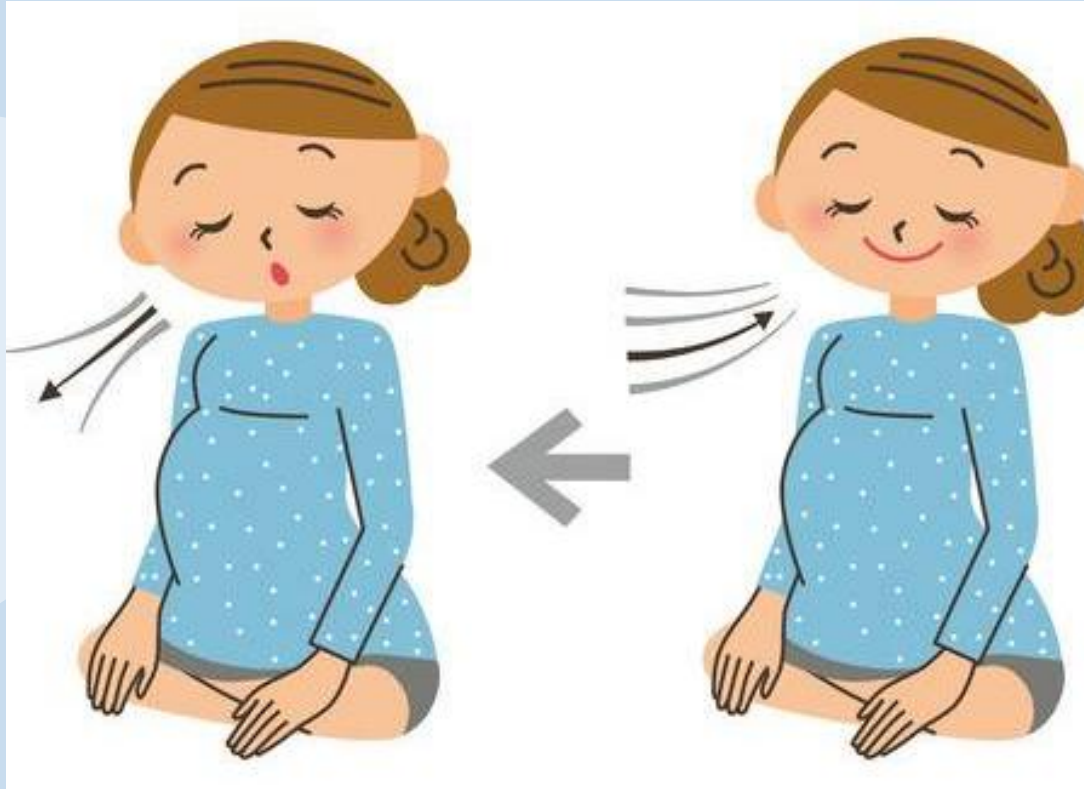
How to manage
our stress?

Video 2



STRESS MANAGEMENT IN YOUR LIFE





Breathing
to release
stress

Video 3

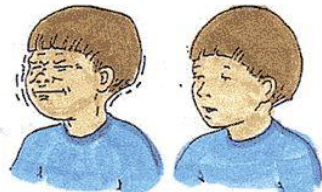


Progressive muscle relaxation

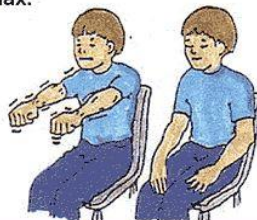
1. Sit on a chair.



2. Scrunch your face.
Count to 3.
1,2,3...
Take a deep breath.
Relax.



3. Tense your arms
Count to 3
1,2,3..
Take a deep breath
and relax.



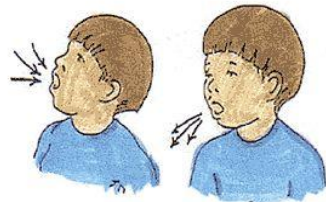
4. Tense your arms and shoulders.
Count to 3.
1,2,3...
Take a deep breath.
Relax.



5. Tense your legs.
Count to 3.
1,2,3...
Take a deep breath.
Relax.



6. Breathe in relaxation
breathe out tension.



Video 4





Guided imagery

Video 5



Healthy
food to
manage
stress



Video 6



Checklist

Practice deep
breathing

Practice
progressive
muscle relaxation

Think of some
happy memories
for guided imagery



Record this
week's weight

Use Exercise Log
to track this
week's exercise