



**Stress
Management**



Disclaimer

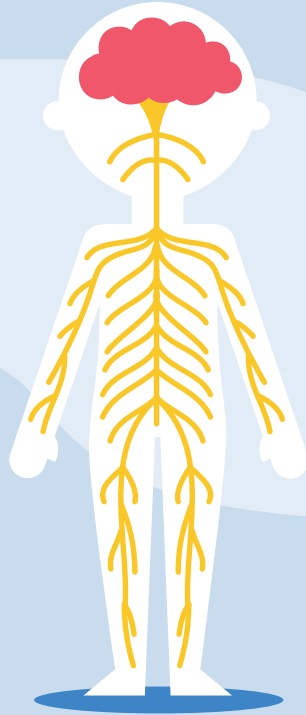


The information in this presentation is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment.



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

How dose stress affect our body?

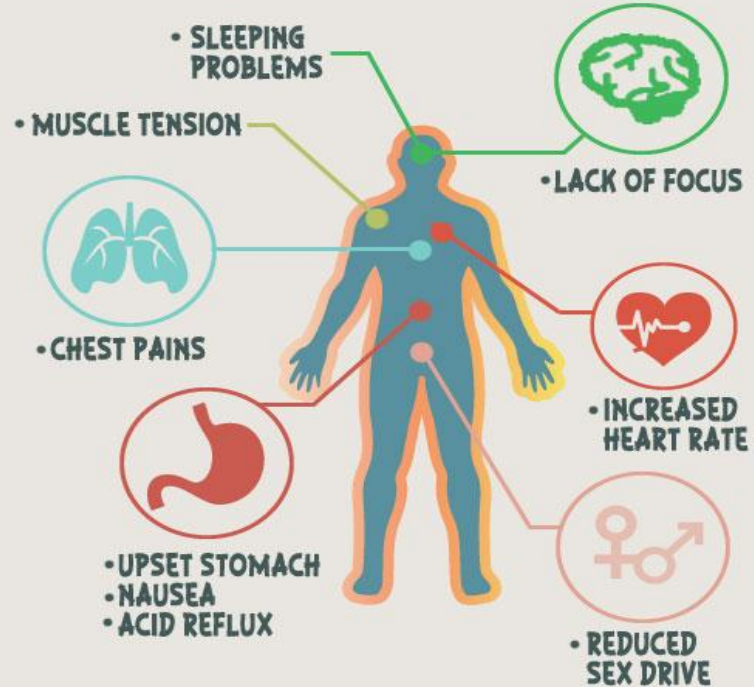


Video 1





THE EFFECTS OF STRESS ON YOUR BODY





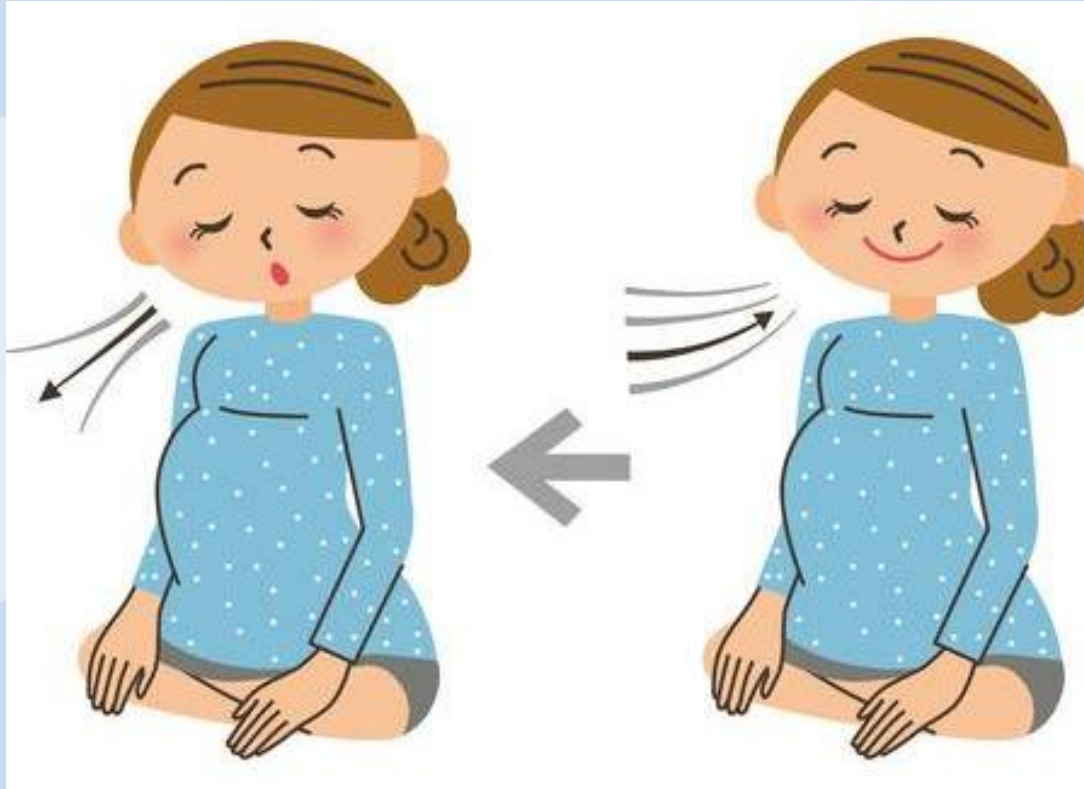
How to manage
our stress?

Video 2



STRESS MANAGEMENT IN YOUR LIFE





Breathing
to release
stress

Video 3

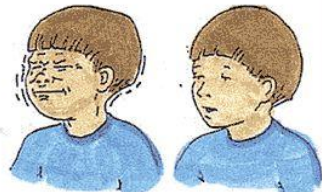


Progressive muscle relaxation

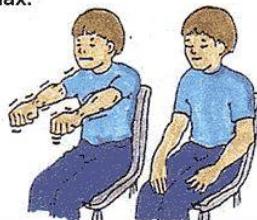
1. Sit on a chair.



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.



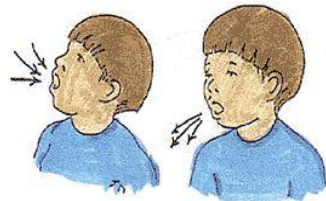
4. Tense your arms and shoulders.
Count to 3.
1,2,3...
Take a deep breath.
Relax.



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



Lesson 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