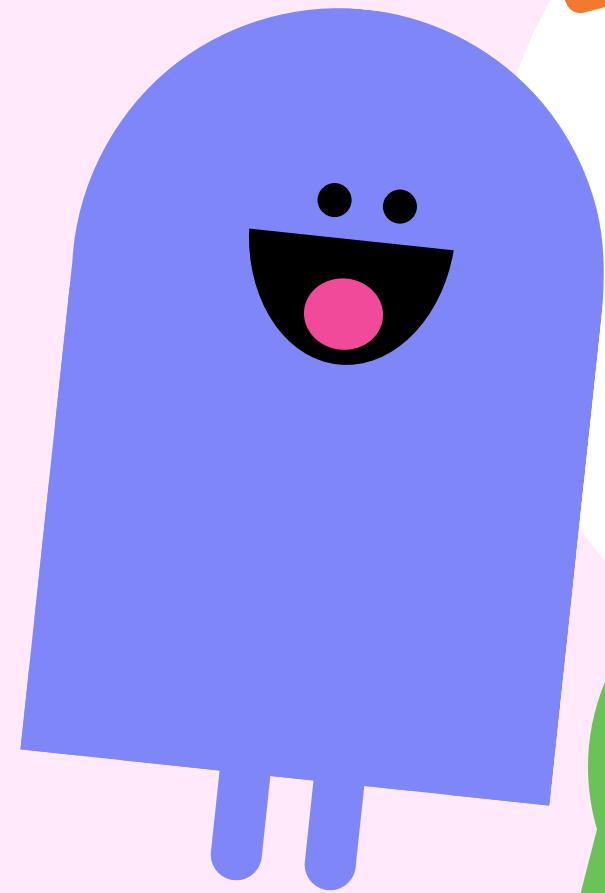
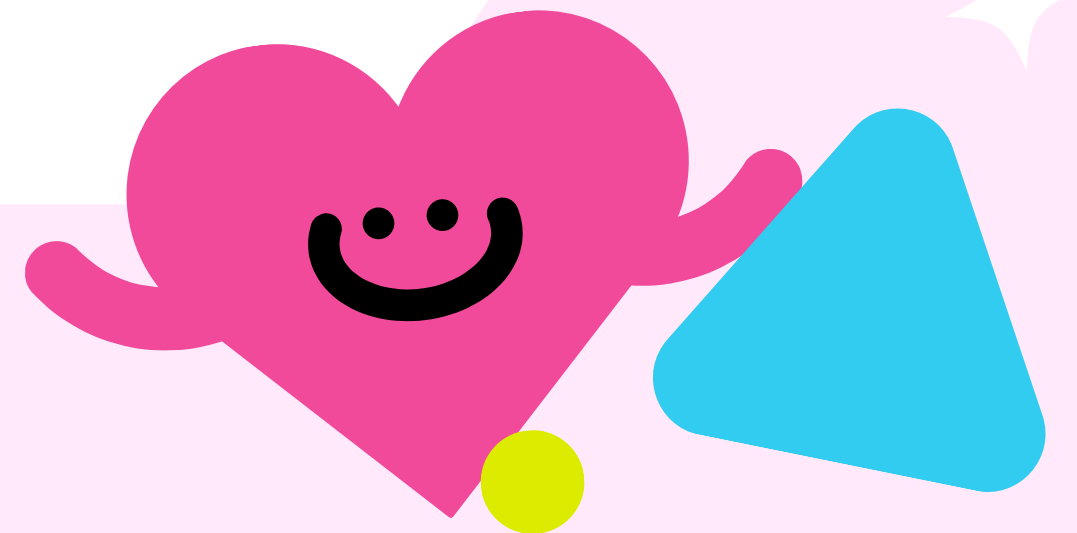
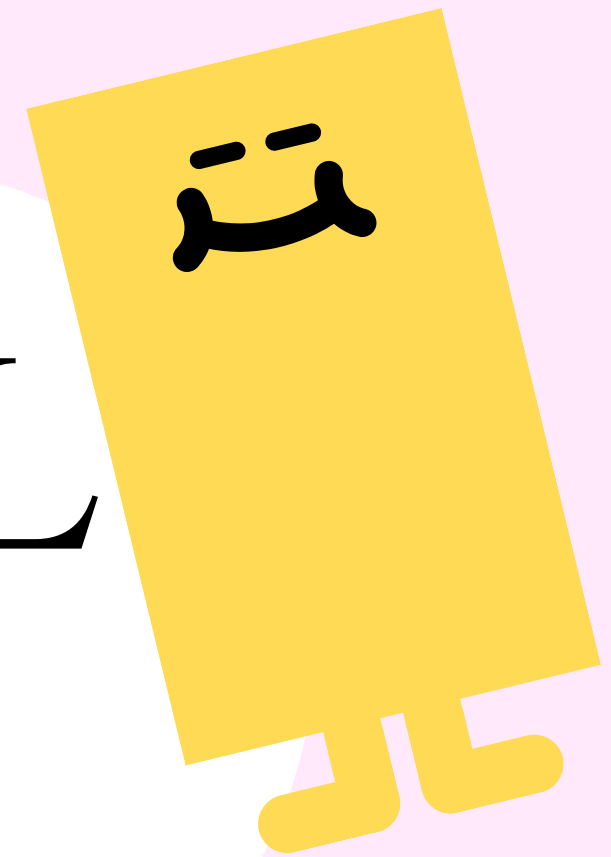




WAYS TO DEAL WITH STRESS



German 高菲 Fiona 林亦柔 Zoe



THIS IS US



Fiona & Zoe

OUTLINE

- The reasons why we chose the topic
- The effects of stress
- Stress forms & Ways to tackle with stress

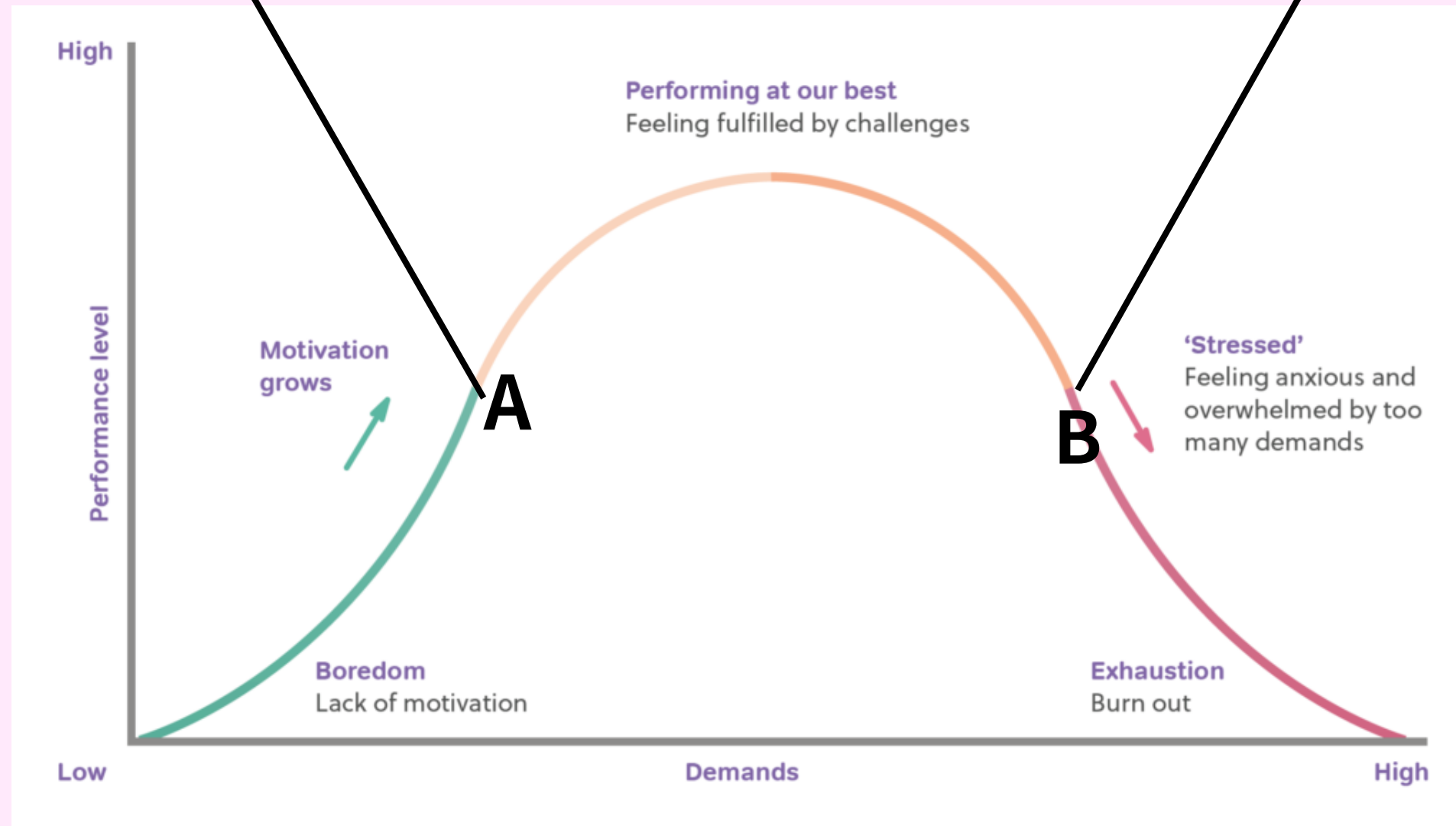




The reasons
why we chose
the topic

under pressure

breaking point



- Different for each person/ages.
- Enough stress to provide motivation
- Too much pressure lead to negative outcomes

the stress performance curve

From: Mindwell—the stress curve



The effects of stress

high blood pressure

irritability

sadness

headaches

nail biting

indigestion and diarrhea.

post traumatic stress disorder

forgetfulness

dizziness

fatigue

smoke or drink more often

chest pain

anxiety

anger

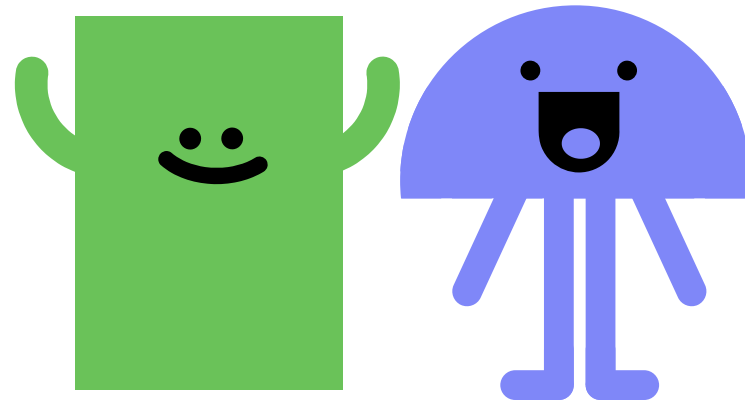
muscle aches

sleep issue



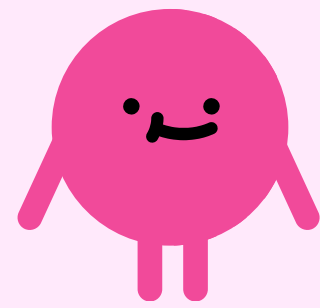
Stress forms &
Ways to tackle
with stress

PEERS

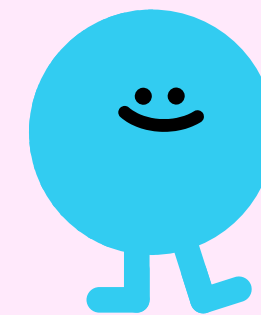


- appearance
- body figure
- interaction

Ways to fix it!



Stop comparing yourself to others! Tell yourself everyday that you are perfect just the way you are!



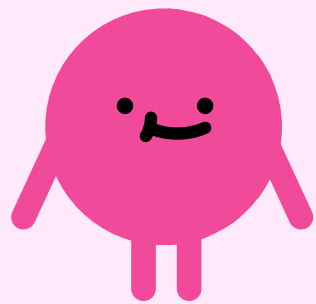
If you do not have good interactions with your new friends, try to figure out what's the problem. Or maybe they're just not the right friends for you.

FAMILY

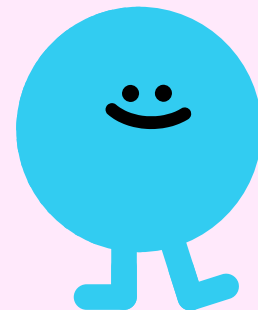
- relationships with families
- Parents usually have more worries than before.
- Some specific issues each family might have.



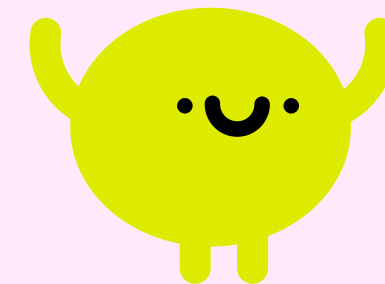
Ways to fix it!



For those with bad relationships, just start with asking if your families are doing okay everyday.



Talk to your families. Let them know what's going on in your life in order to make them feel more secure.



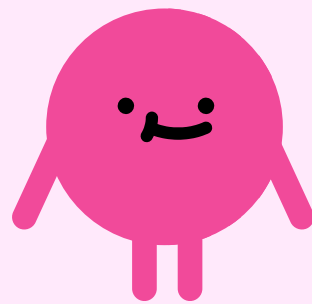
Try to be more open with your family, talk about your own family issues and think of some solutions together.

SELF-DEMANDING

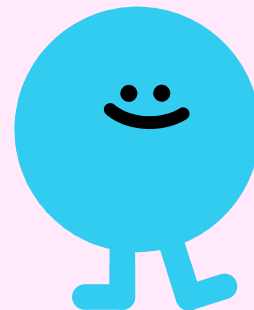
- grades
- money spending limit
- regular life routine



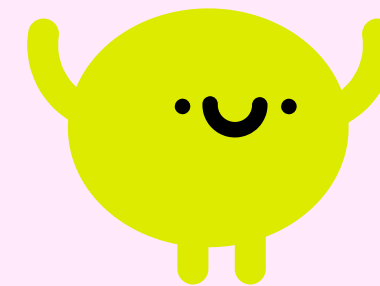
Ways to fix it!



Make sure that your goals are achievable and specific.

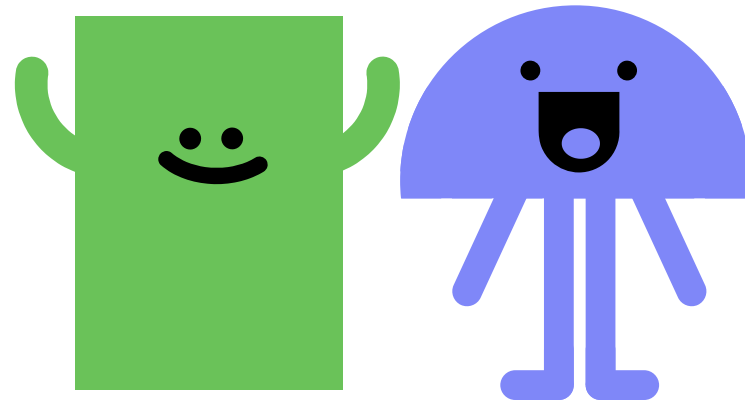


Take a little step at a time. Slowing it down may help stabilize your emotions and make you feel more down-to-earth.



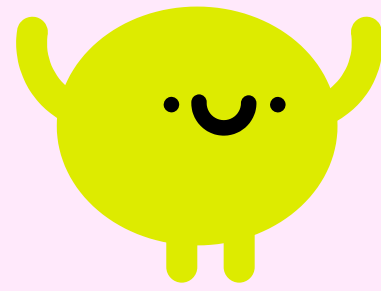
Learn to say no to the extra burdens to save your energy.

SCHOOLWORK

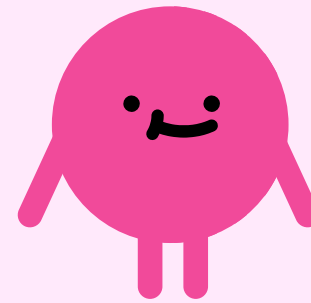


- Academic progress
- Grades
- Direction to put efforts in

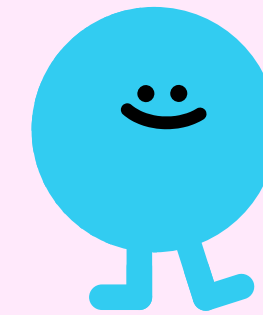
Ways to fix it!



Pay more attention on the class, if needed, asking for teachers' help is a good way as well.



Build a healthy and regular life routine to maintain both body and mental health.



Make sure to take enough rest, or a bad mental state may just lead to slower efficiency.

Resource



Yerkes-Dodson Law: How It Correlates to Stress, Anxiety, Performance

The Yerkes-Dodson Law is the premise that an optimal level of stress results in optimal performance. Here's how it works.

Healthline / Oct 22, 2020

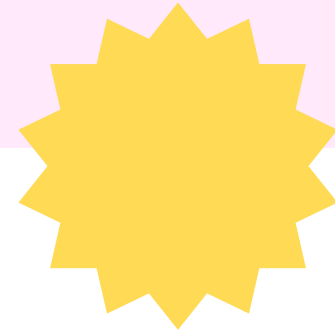


Stress: Why does it happen and how can we manage it?

Stress is essential for survival. The chemicals that it triggers help the body prepare to face danger and cope with difficulty. However, long-term stress has

- What the Yerkes-Dodson Law Says About Stress and Performance
- Why stress happens and how to manage it





“A diamond is a chunk of coal that is made good under pressure.”
- Henry Kissinger, U.S. Secretary of State

