



TOPIC MIND MAP :

10. STRESS MANAGEMENT

Aptis General

HOW TO COPE WITH STRESS

Symptoms:

- Headaches
- Sleeping problems
- High blood pressure
- Stroke
- Heart disease
- Panic attacks
- Mood swings

- avoid multi-tasking
- Get plenty of sleep
- Eat healthily
- Do plenty of physical activity
- Take your time
- Prioritise what really matters
- Try to unwind
- Take a break
- Avoid rushing yourself
- Take it easy
- Do not take too much responsibility
- Take care of yourself

SOURCES OF STRESS

- Financial problems
- Unemployment
- Lack of job security
- Not enough free time
- Comparing ourselves to others
- Putting too much emphasis on money/fame
- Feeling like we are not good enough

- living in a competitive world
- Setting our expectations too high
- Overvaluing the importance of appearance
- High pressure jobs
- multitasking

- Social media addiction
- Being over-informed
- Smartphone addiction
- The fast pace of life
- Trying to keep up with technology
- Feeling pressure to portray our ideal selves
- Instant access to bad news from news websites / TV