



Stress Management



Definition

Stress management is the alteration of stress and especially chronic stress often for the purpose of improving everyday

Stress benefit:

- 1- Affect to your health
- 2- Affect to your looks
- 3- Affect to your happiness

Ways to reduce stress !!

You can reduce Your stress by Finishing each job on time to be safe (:



Done By:
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Go for a walk.

Spend time in nature.

Watch a comedy

Spend time in nature.

Listen to music.

Go out with my friends

Take a long bath

Play video games

Spend time with my family