

The Knight Management Center Stress Management

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3 Main points

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Stress definition
and its causes

Stress symptoms and effects

Stress management strategies



How to manage and reduce stress?

Personal Treatment
Exercise your feelings
Express feelings free



What do you know about stress and its causes?



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Stress Definition

Causes

External Stressors
Environment
Working conditions
Relationship difficulties

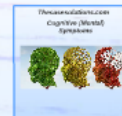
Internal Stressors
Personality
Feelings
Thoughts

Bibliography

1. American Psychological Association. (2002). *Stress management: A guide to healthy living*. Washington, DC: American Psychological Association.
2. American Psychological Association. (2002). *Stress management: A guide to healthy living*. Washington, DC: American Psychological Association.
3. American Psychological Association. (2002). *Stress management: A guide to healthy living*. Washington, DC: American Psychological Association.
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Thecasesolutions.com Stress symptoms and its effects

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4 major symptoms
Cognitive symptoms
Emotional symptoms
Physical symptoms
Behavioral symptoms



Emotional symptoms
Anxiety
Depression
Irritability
Mood swings
Stress



Behavioral symptoms
Aggression
Withdrawal
Stress





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Feelings

Thoughts

The background of the slide features a blurred image of a beach. On the left, there are dark, wet rocks. In the center and right, the ocean waves are breaking, creating white foam. The overall color palette is soft, with blues, greens, and whites.

External Stressors

Environment

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Working conditions

Relationship difficulties

Internal Stressors

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Feelings

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Stress symptoms and its effects

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4 major symptoms

Cognitive Symptoms
Emotional Symptoms
Physical Symptoms
Behavioral Symptoms

Thecasesolutions.com
**Cognitive (Mental)
Symptoms**



Emotional Symptoms



Insomnia



UNMC, "Insomnia," University of Nebraska Medical Center (UNMC), 30 Sep 2012.
Web. 20 Oct 2013. <http://www.unmc.edu/healthcare/insomnia/insomnia.htm>

Effects

Affect your health



Hair loss



Skin problems

Affect on everyday life



Relationships



Violence



Suicide

Behavioral Symptoms



Aggressive behavior



Eating habits

Physical Symptoms

Heart Disease



Muscular Problems





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4 major symptoms

Cognitive Symptoms

Emotional Symptoms

Physical Symptoms

Behavioral Symptoms

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Cognitive (Mental) Symptoms

