

## ERASMUS PALMA DI MAIORCA

STRESS RELIEF AND WELL BEING

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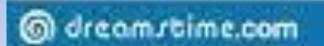
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## STRESS

- EMOTIONS ARE OVERACTIVE
- PRODUCES URGENCY

AND HYPERACTIVITY

- LOSS O OF ENERGY
- LEADS TO ANXIETY
- CHARACTERIZED BY OVER ENGAGEMENT



## STRESS MANAGEMENT STEPS

- Balanced lifestyle and healthy biorhtym (sleep well, eat well, cultivate hobbies, do sport, create no-school zone)
- Recreation and activities (walk outside, cycle, yoga, gym)
- Choose friends and collegues who tend to be positive
- Write journals to understand yourself
- Practice techniques for deep relaxion
- Be compassion and greateful to others and yourself: life is a precious gift
- Manage you emotions
- Help the students with their emotions
- Brainstorm and strategize: what problem is to be solved? Which steps might be helpful?

## Importance of nature and physical activity

- Increase happiness and self esteem
- Lower blood pressure and blood sugar
- Reduce levels of stress
- Reduce depression
- Improve immune system activity





IT IS NOT
STRESS
THAT KILLS
US...

IT IS OUR
REACTION
TO IT

