



ERASMUS PALMA DI MAIORCA

**STRESS RELIEF AND WELL
BEING**

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STRESS

- EMOTIONS ARE OVERACTIVE
- PRODUCES URGENCY AND HYPERACTIVITY
- LOSS OF ENERGY
- LEADS TO ANXIETY
- CHARACTERIZED BY OVER – ENGAGEMENT



STRESS MANAGEMENT STEPS

- Balanced lifestyle and healthy biorhythm (sleep well, eat well, cultivate hobbies, do sport, create no-school zone)
- Recreation and activities (walk outside, cycle, yoga, gym)
- Choose friends and colleagues who tend to be positive
- Write journals to understand yourself
- Practice techniques for deep relaxation
- Be compassionate and grateful to others and yourself: life is a precious gift
- Manage your 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

**CONDIVISIONE... CONFRONTO... SCAMBIO DI
IDEE... CONTATTI**





**IT IS NOT
STRESS
THAT KILLS
US...**

**IT IS OUR
REACTION
TO IT**

