



STRESS MANAGEMENT

1

WHAT IS STRESS?

Stress is the body's reaction to harmful situations to avoid injury.

2

HOW TO AVOID STRESS

Avoid procrastinating, overthinking and focus on one thing at a time.

3

HOW TO DEAL WITH STRESS

Indulge in regular physical activity, avoid caffeine, better sleep schedules, manage one's time, and learn one's limits.

4

EFFECTS OF DISTRESS

General effects of distress include: difficulty relaxing, low self esteem, feeling lonely, worthless, and depressed.

5

ISLAMIC VIEW

One should not be saddened over what has happened in the past and not to be boastful of what good has come since it will only hinder one's progress in life.