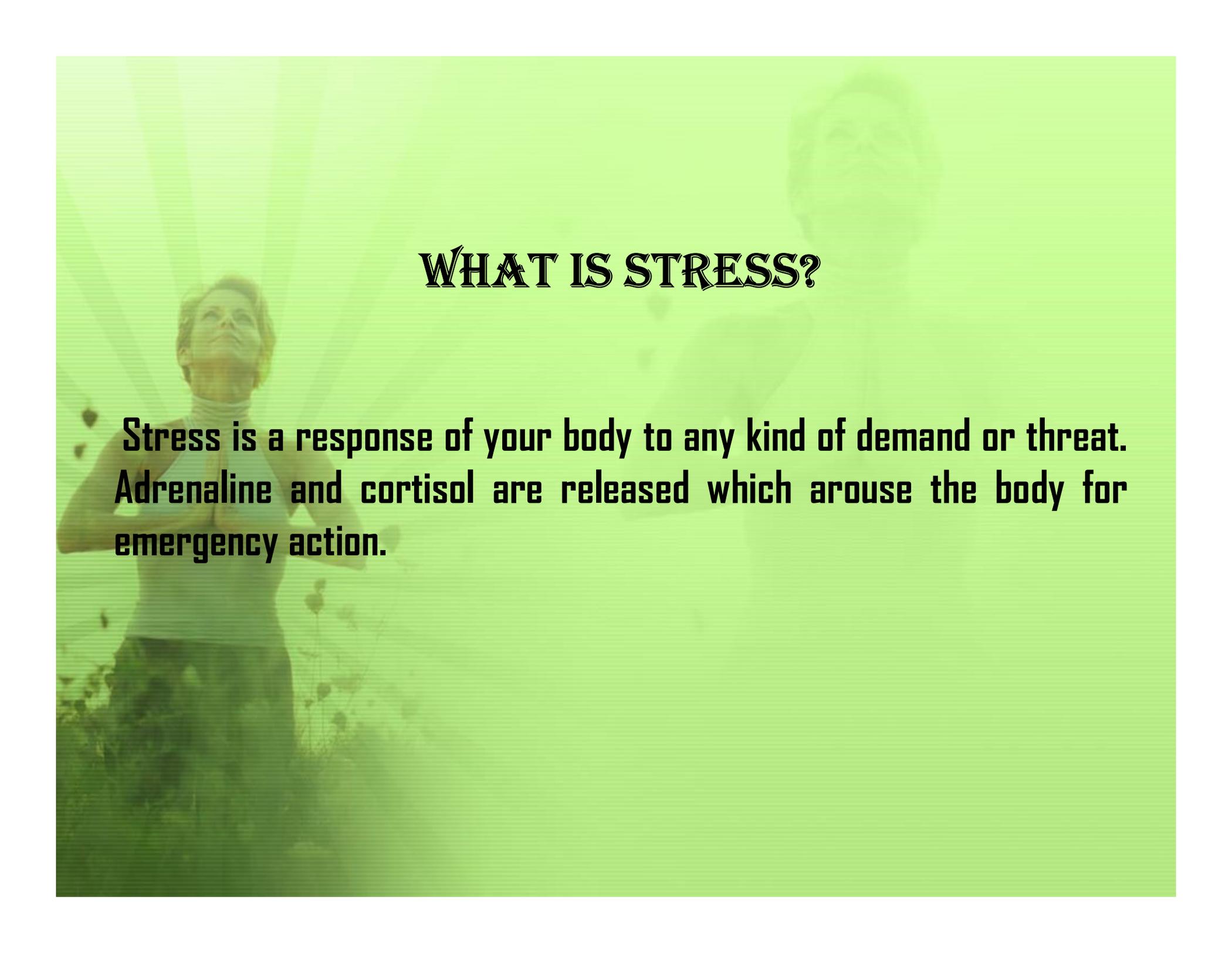


76TH REFRESHER COURSE
ACADEMIC STAFF COLLEGE, LNIPE,
GWALIOR, M.P.
(04TH OCTOBER TO 17TH OCTOBER 2019)

WHAT IS STRESS

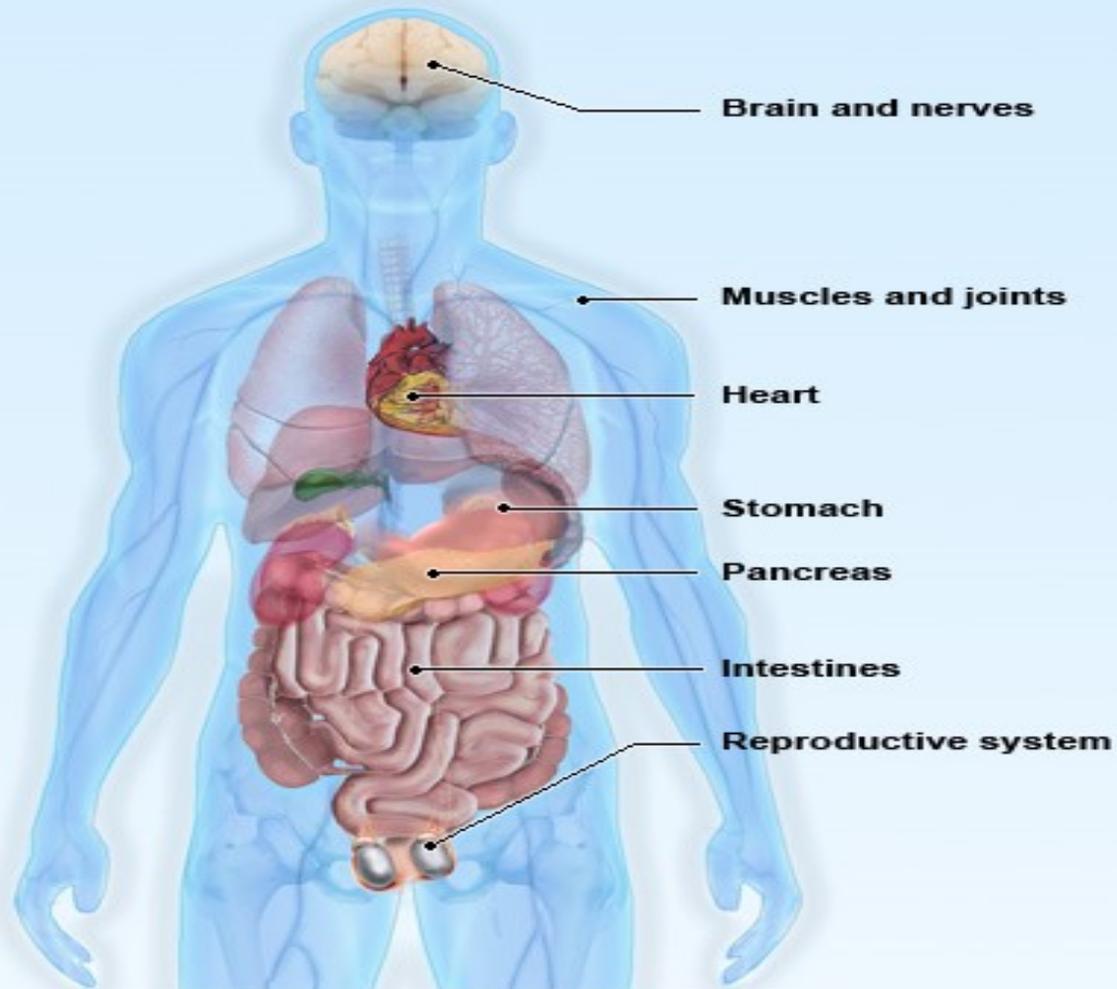
AJAY KUMAR VERMA
ASSISTANT PROFESSOR
PHYSICAL EDUCATION
GOVERNMENT DEGREE COLLEGE
JAKKHINI VARANASI (U.P)

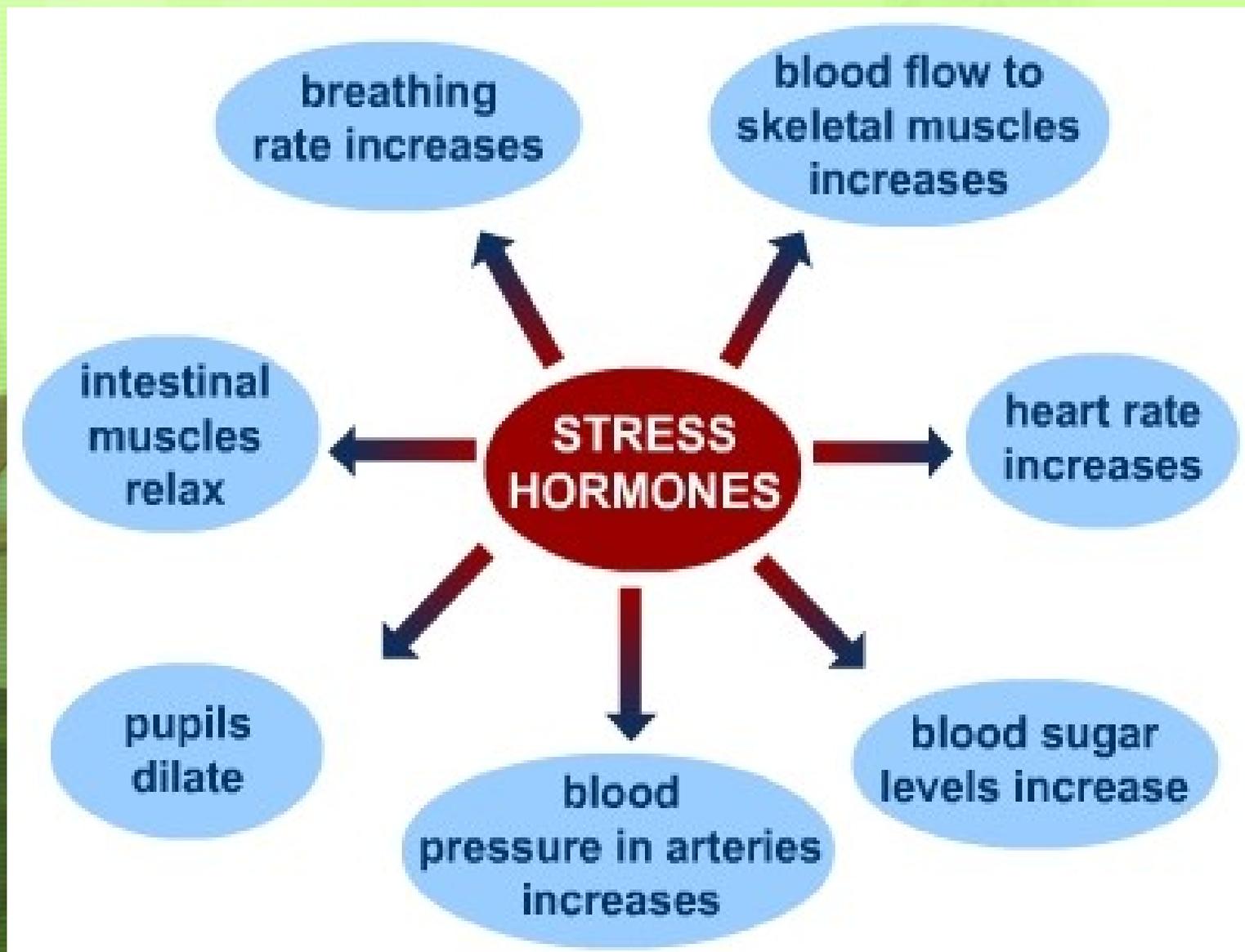


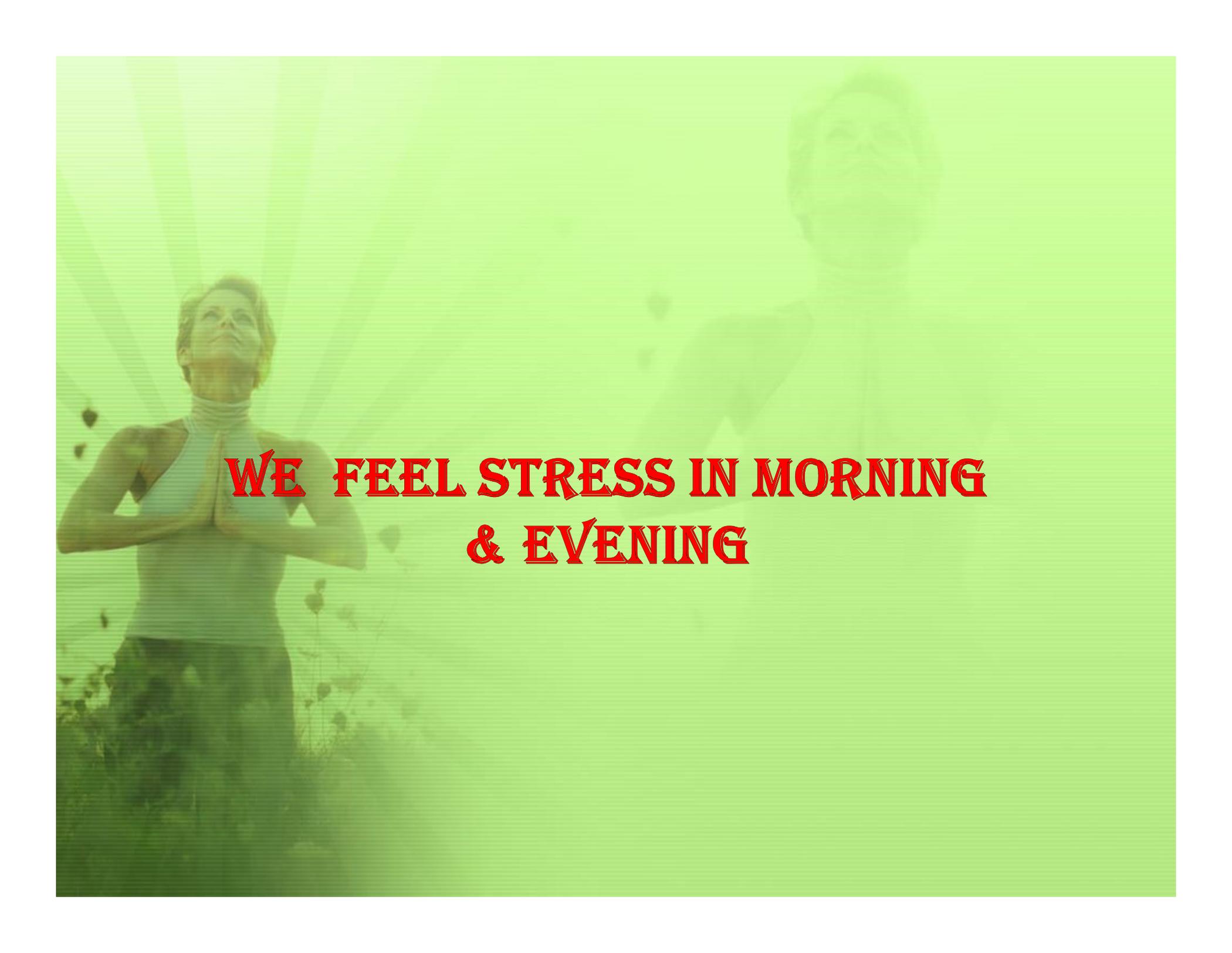
WHAT IS STRESS?

Stress is a response of your body to any kind of demand or threat. Adrenaline and cortisol are released which arouse the body for emergency action.

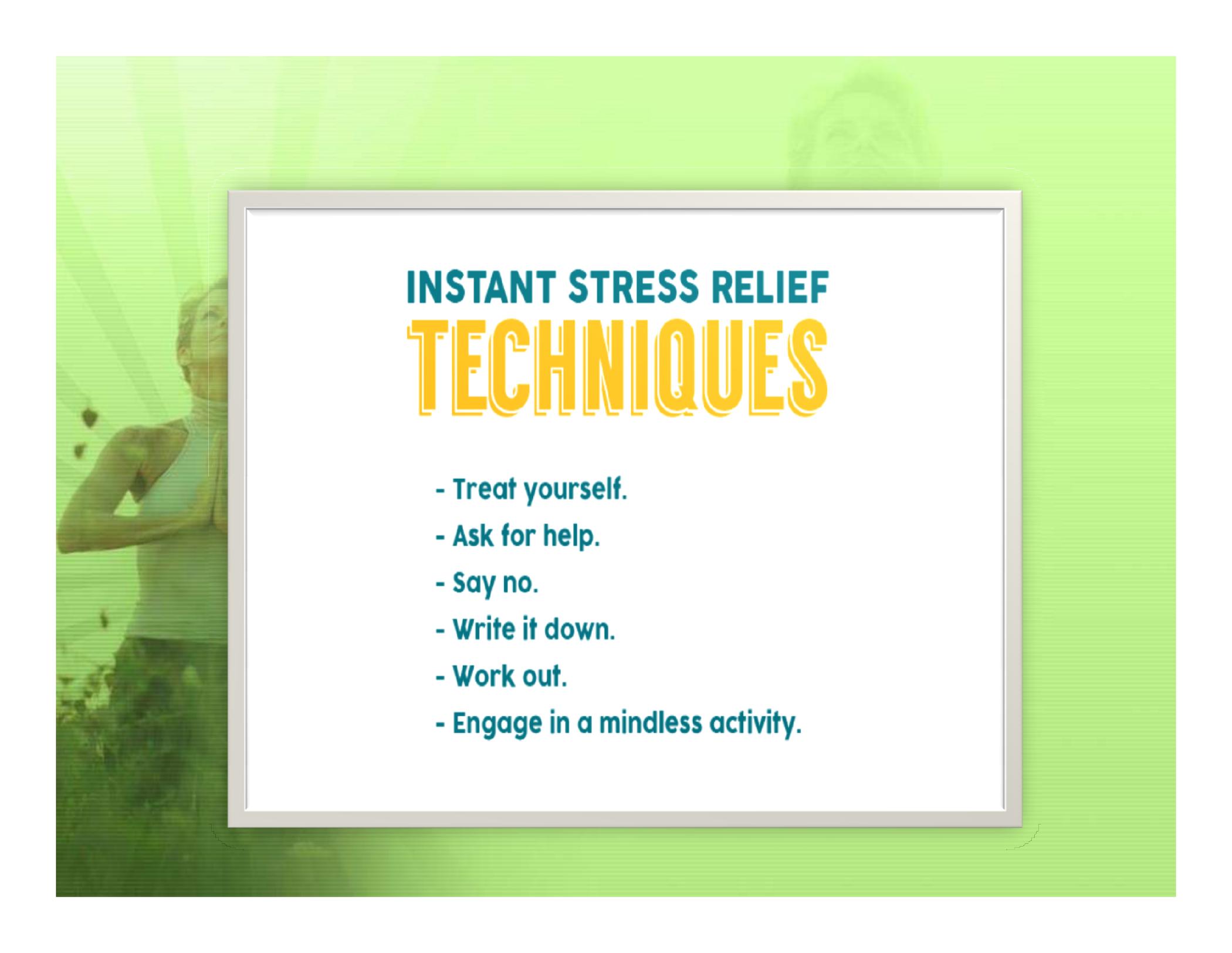
Areas of the body affected by stress





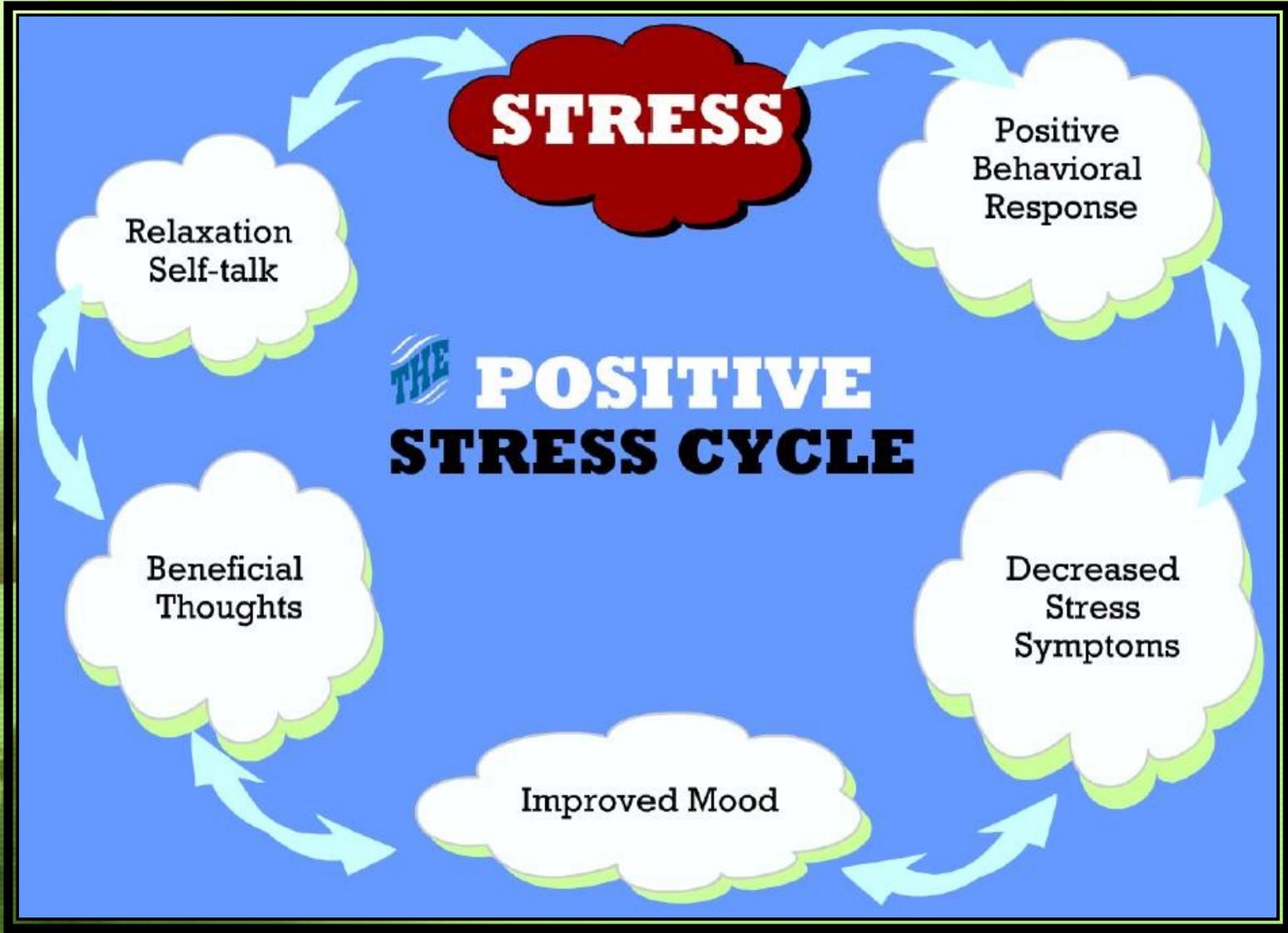


**WE FEEL STRESS IN MORNING
& EVENING**



INSTANT STRESS RELIEF TECHNIQUES

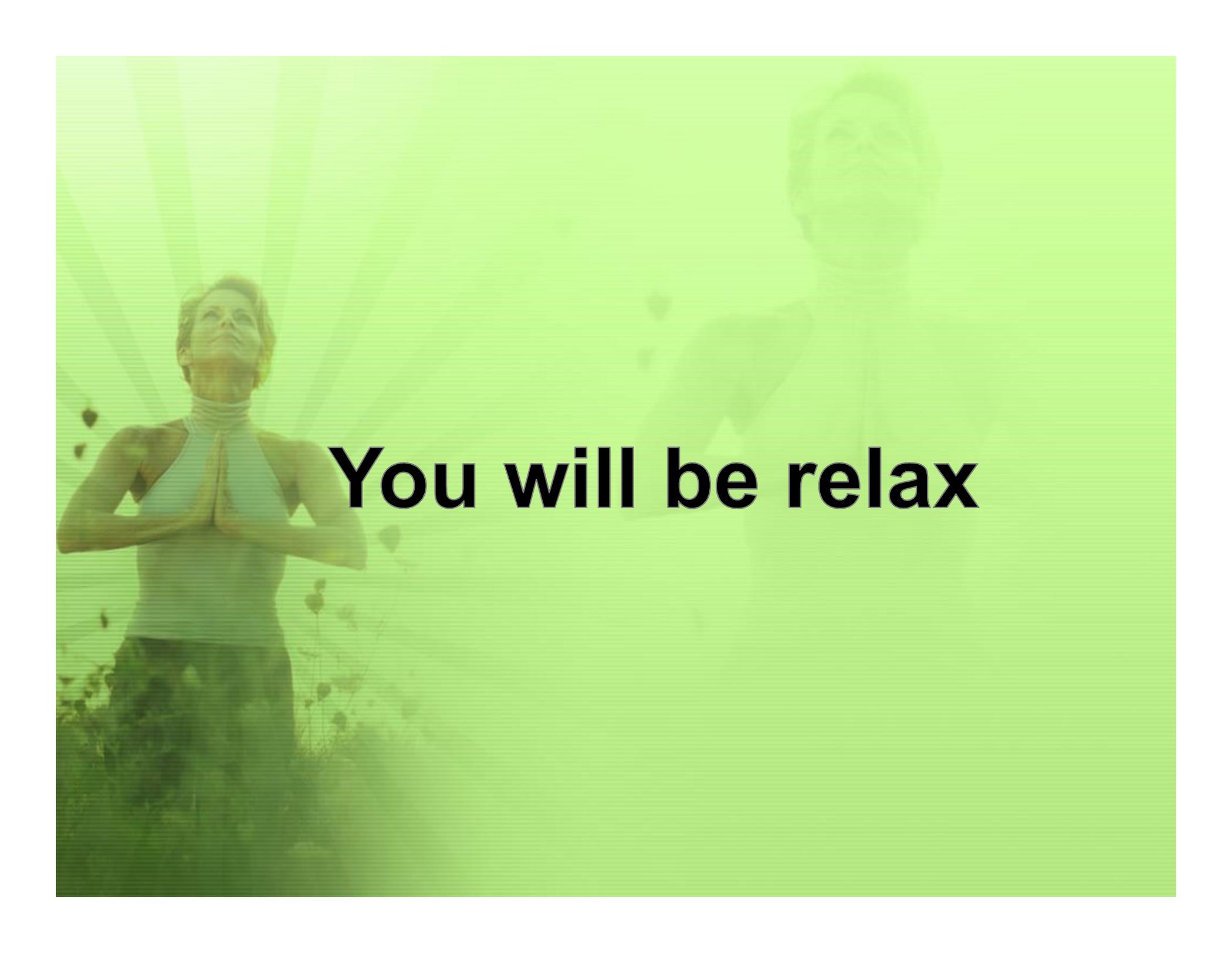
- **Treat yourself.**
- **Ask for help.**
- **Say no.**
- **Write it down.**
- **Work out.**
- **Engage in a mindless activity.**



Tips on Managing Stress

- Positive Attitude
- Support System
- Exercise
- Laughing
- Taking Time for You
- Meditation





You will be relax



THANK YOU