



**STRESS**

**AND**

**the struggle with it.**

Берлин С.А.

```
graph TD; Stress[Stress] --- positive[positive]; Stress --- negative[negative]; negative --- health[health]
```

Stress

positive

negative

health

# STRESS FACTOR AND THE STRUGGLE WITH STRESS



argue with  
friends



**TO IMPROVE  
RELATIONSHIP WITH  
FRIENDS AND  
PARENTS**





# TO HAVE DOCTOR'S APPOINTMENT

take care of  
yourself





to move  
house

Get  
enough  
sleep



# TO DISAGREE WITH PARENTS

Communicate or talk every day and form your own opinion



**TO SIT EXAMS**



**Get  
regular  
exercises**





# TO HAVE TOO MUCH HOMEWORK



Don't spend too much time in front of TV



# TO THROW A PARTY



To plan your  
time or make  
your daily  
timetable





To practise in  
instrument/sport



Eat healthy food





to lose  
something  
valuable

learn to co-  
operate



To change  
school

To help  
make new  
friends



*thank you for your  
attention*

