

# Assignment of Psychology

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#35

# Effective Measures to deal with Stress and Ways to Cope

## **Stress:**

Response to a situation that a person perceives to be overwhelming in that the Person does not demands of think he or she can meet the situation.

## ***SELYE* Defined:**

“Stress is an exercise burning of energy resources”

## ***BERNE* and *WOODWORTH* Defined:**

“Stress is a state of Strain whether physical or psychological”

## **Stress of Life:**

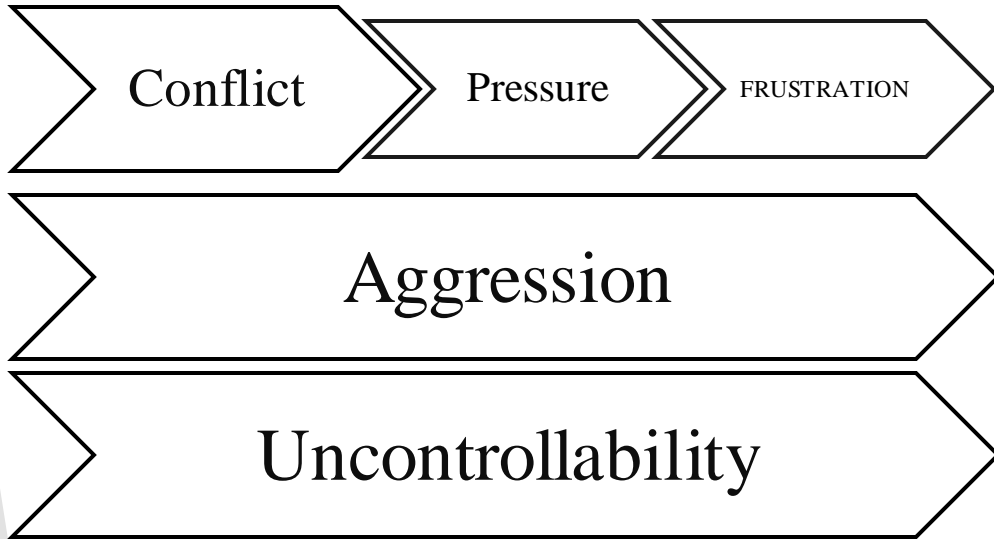
The **Stress of Life** , first published in **1946** .

## **Definition:**

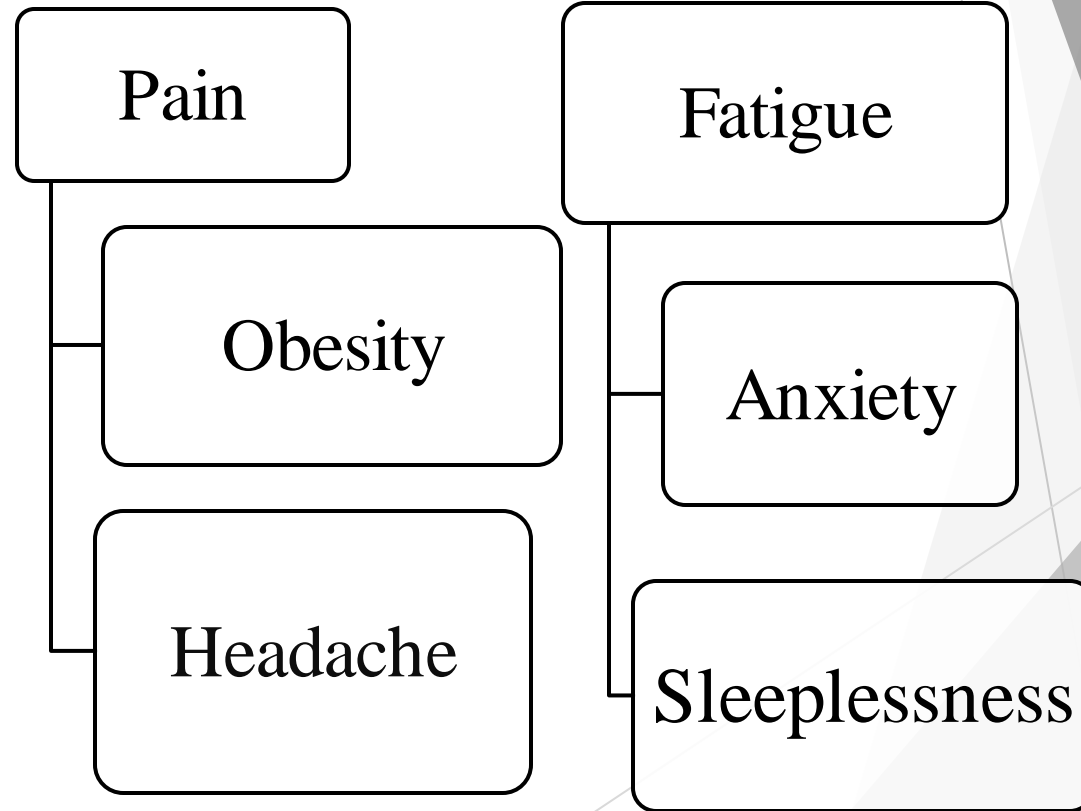
“ A non specific response of the body to a demand” ...

# Stress

## Causes



## Symptoms



# Stress prevention and coping

Sleep

Exercise

Leisure

Food

**Avoid**—unnecessary stress

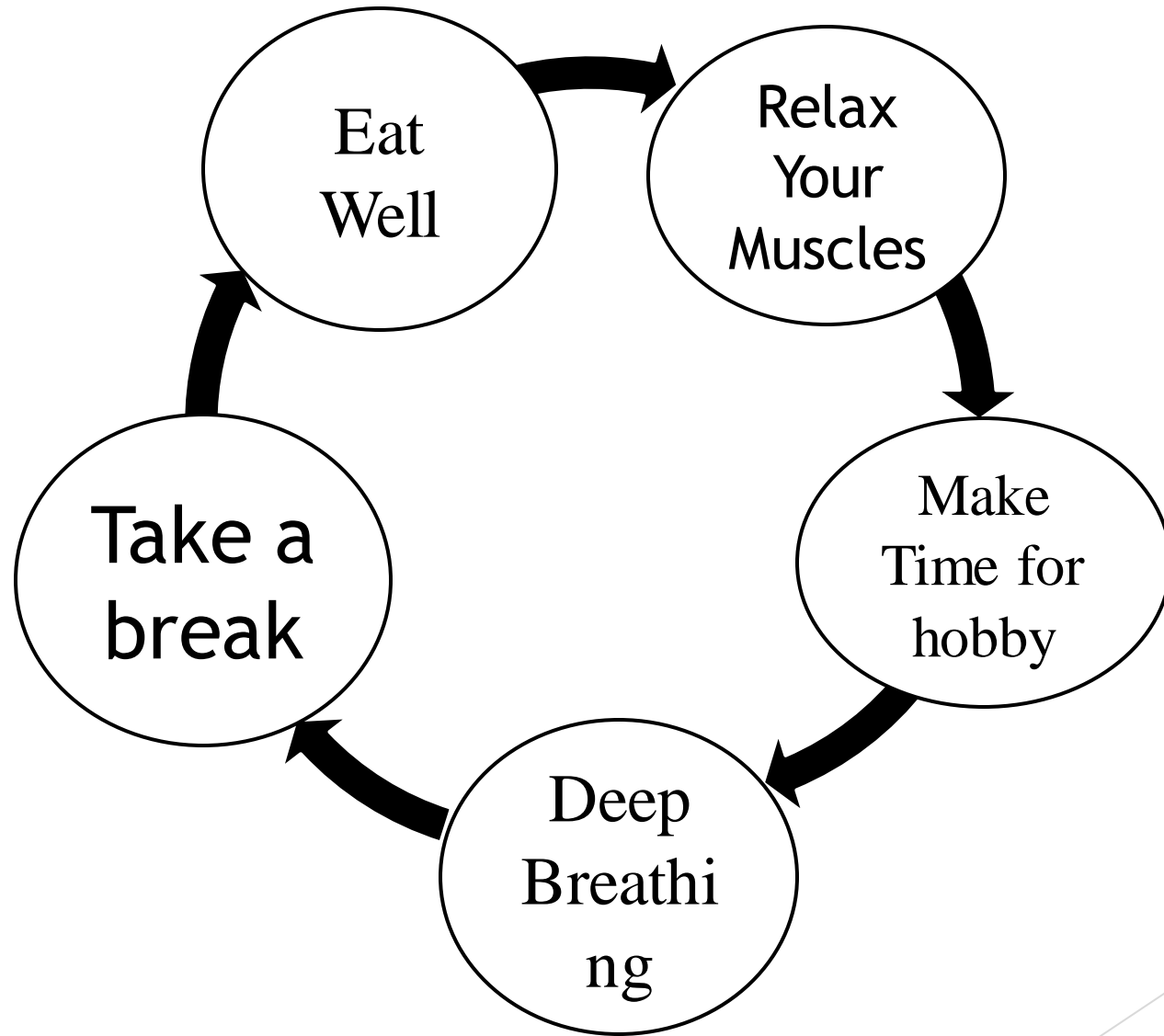
**Alter**---the situation

**Adapt**---to the stressor

**Accept**---the things you cannot change

**Grounding** is a particular type of **coping** strategy that is designed to “**ground**” you in or immediately connect you with the present moment.

# Ways to Cope with Stress



# Stress Management strategies

- Exercise regularly
- Eat a healthy diet
- Reduce caffeine and sugar
- Avoid alcohol , cigarettes and drugs
- Get enough sleep
- Spend time in nature
- Sweat out tension with a good work out
- Call a good friend
- Adopt a healthy lifestyle

# Transactional model of stress and coping

