

WHAT IS STRESS ?

Bilkent University | 2024

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CAUSES OF STRESS

Stress can have many causes

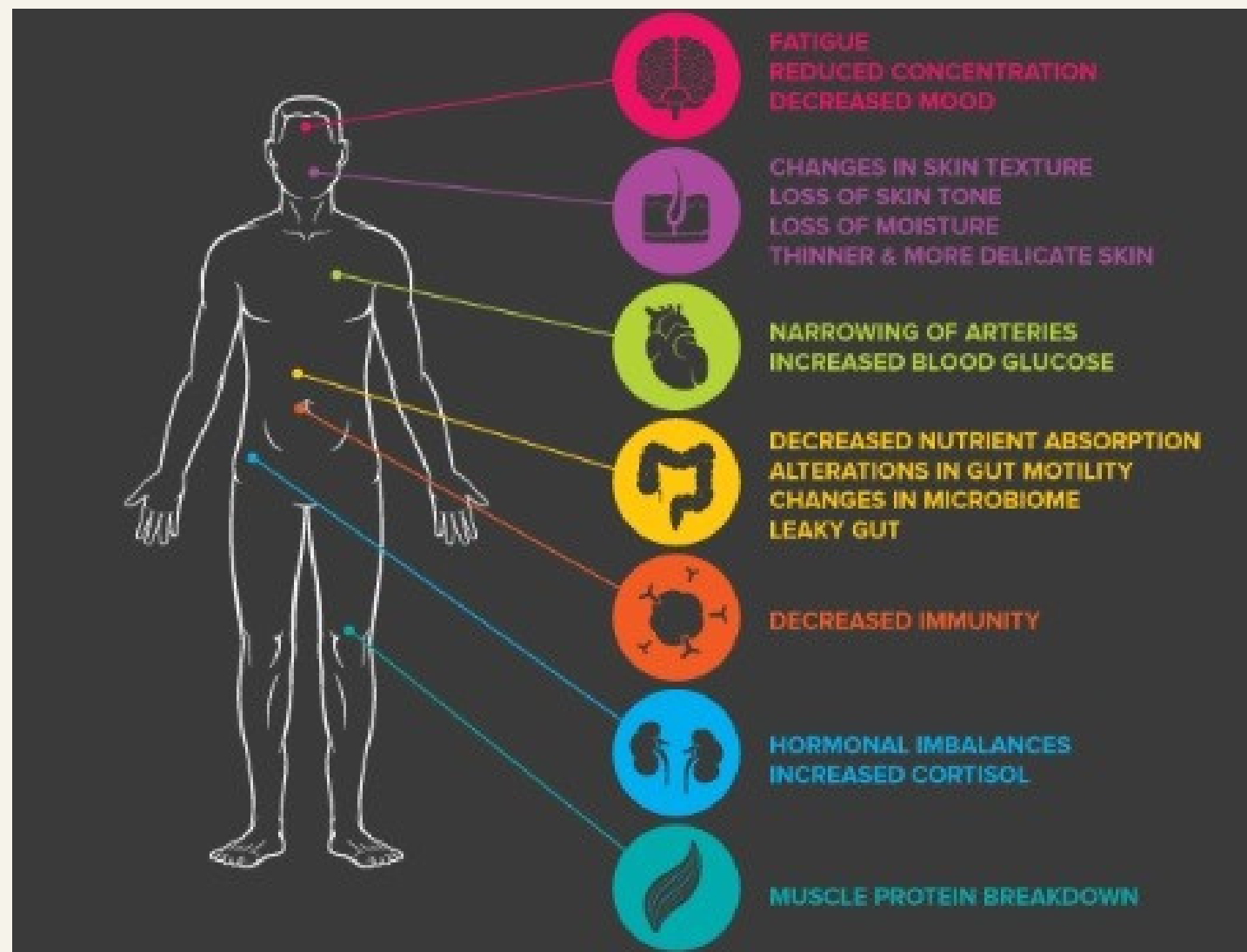
SOCIAL ADAPTATION MEASUREMENT LIST	
Life Event	Weight Points
1. Death of spouse	100
2. Divorce	73
3. Living separately from spouse	65
4. Imprisonment	63
5. Death of a close family member	63
6. Significant personal injury or illness	53

CONSEQUENCES OF STRESS



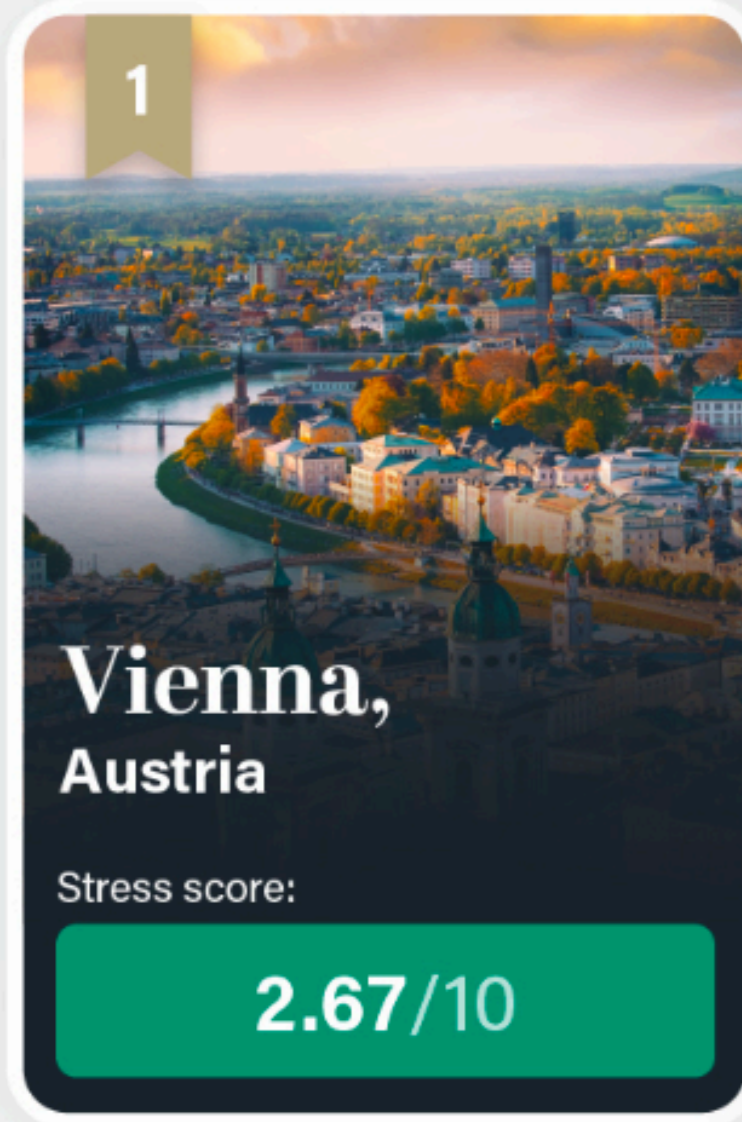
Stress has many negative effects psychologically and physiologically. Simply put, you become depressed and don't want to do anything.

EFFECTS ON THE BODY



We feel the effects of stress significantly in our body. Probably no one would be happy about this

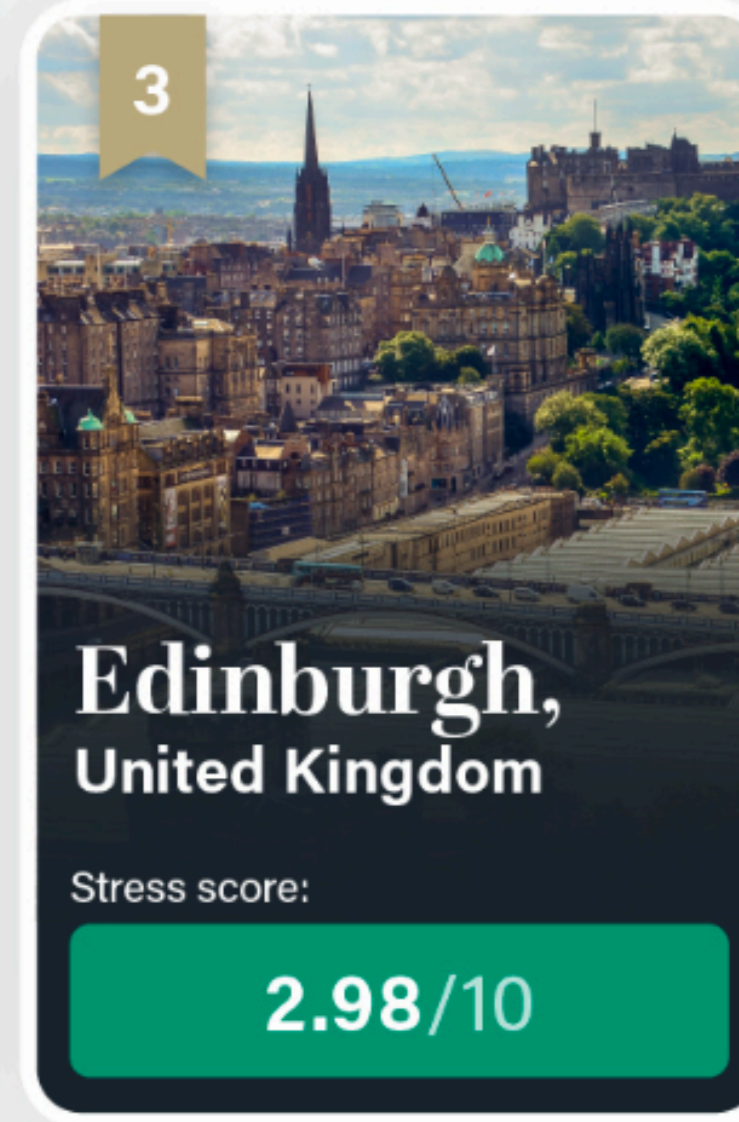
The least stressed cities in the world



None of the population lives on less than US\$6.50 a day, down from just 1% last year.



Munich is the second-best city for the quality of green areas and parks,



Edinburgh is a safe city. People feel safe living here.

HOW TO DEAL WITH STRESS ?

- Keep a positive attitude.
- Accept that there are events that you cannot control.
- Be assertive instead of aggressive. Assert your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.
- Learn to manage your time more effectively.
- Set limits appropriately and say no to requests that would create excessive stress in your life.
- Make time for hobbies and interests.



1

People who exercise also tend to feel less anxious and more positive about themselves. When your body feels good, your mind often follows.

2

The benefits of eating health foods extend beyond your waistline to your mental health. A healthy diet can lessen the effects of stress, build up your immune system, level your mood, and lower your blood pressure.

3

Spend time with a friend or family member who will listen to you. It is a natural way to calm you and lower your stress. When you connect with people in person, your body releases a hormone that stops your fight-or-flight response. You relax.

DEEP BREATHING

When you practice deep breathing, you turn on your body's natural ability to relax. This creates a state of deep rest that can change how your body responds to stress. It sends more oxygen to your brain and calms the part of your nervous system that handles your ability to relax.



SPEND TIME IN NATURE TO REDUCE

STRESS



Spending time in nature can help relieve stress and anxiety, improve your mood and boost feelings of happiness and well-being. Whatever you call it – forest bathing, ecotherapy, mindfulness in nature, green time or the wilderness cure – humans evolved in the great outdoors, and your brain may benefit from a journey back to nature.

CONCLUSION



THE PROBLEM IS NOT IN WHAT IS EXPERIENCED. THE PROBLEM IS THAT THE PERSON DOES NOT MANAGE HIMSELF

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THANK YOU

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