



Stress

Health Talk on Stress

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Health Talk on Stress

Health is the state of complete physical, mental well being but we shall be talking more about the mental aspect

Mental health is a field on its own, talks about how stable you're.

Stress is anything that is perceived as a strain on physiological well being

EFFECTS OF STRESS

Some of the symptom of stress include the followings:

Chest tightness

Fatigue

Stomach upset



EFFECTS OF STRESS ON MOOD

Restlessness
Depression





BEHAVOURIAL EFFECT

Aggrieveness
Angry outburst





MANAGEMENT OF STRESS

Regular physical exercise

Relaxation

Keeping a sense of humour

Exercise

Healthy eating habit

