



DATE: 21 MAY 2021

TIME: 1:30 – 2:30 PM

ORGANISED BY: CBSE COE DELHI EAST

THEME : STRESS MANAGEMENT TECHNIQUES

RESOURCE PERSON: MS GEETA HITESHI

ATTENDED BY: Ms. UZMA ABBASI

- **What is stress?**

Stress is a part of life, it can be acute or chronic, can be self controlled, it prepare a person to react to the causing events.

- **Sources of stress**

Physiological stressors, cognitive / psychological stressor, socio cultural stressor, environmental stressors

- **Major categories of stress**

Daily life hassles, major life events, internal stressors

- **Stress cycle**

- **Stress responses**

- **ABC Strategy: includes awareness, balance, control**

- **Stress management techniques**

Change thinking, Change behavior, Change lifestyle

REPORTED BY :

UZMA ABBASI