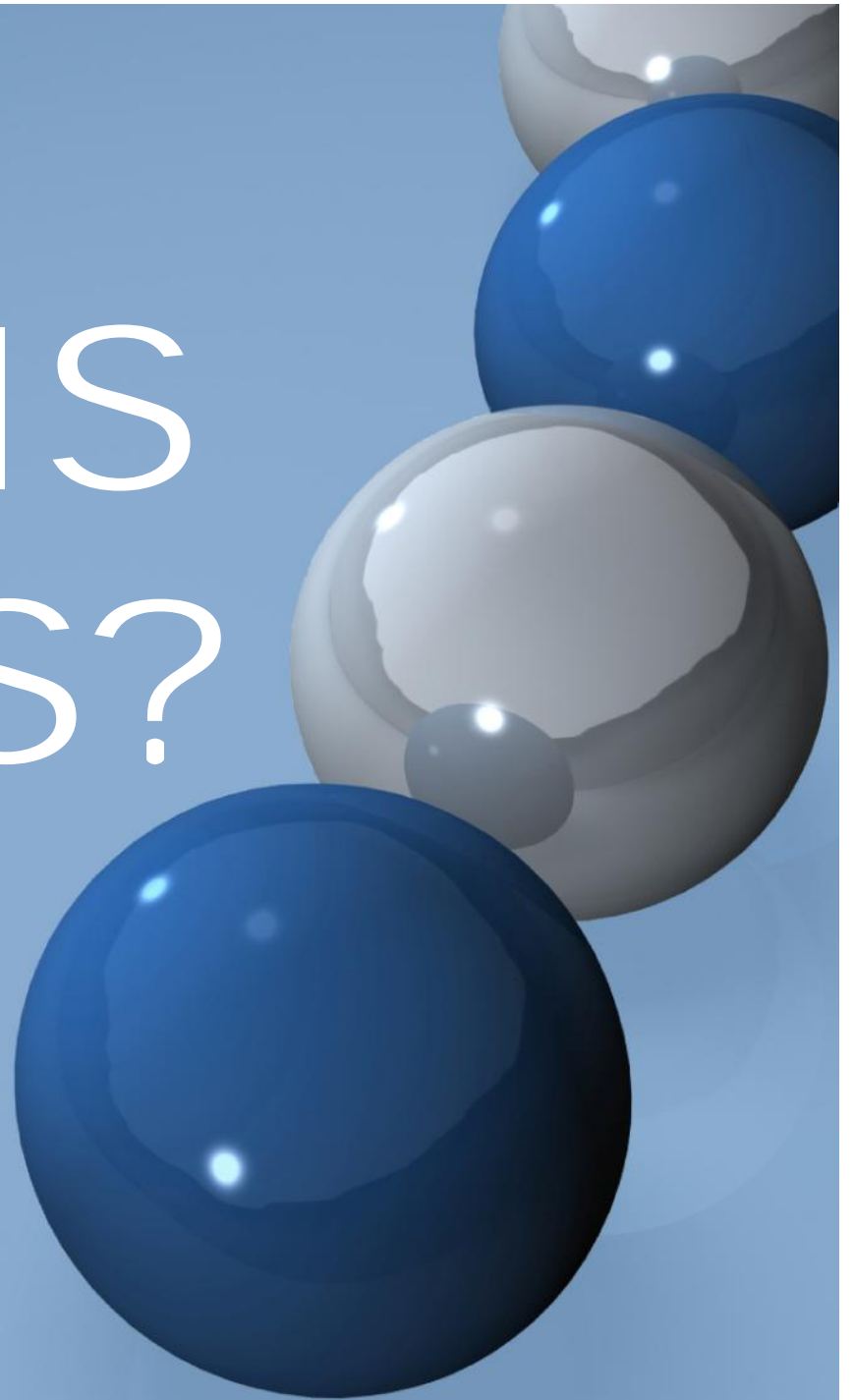


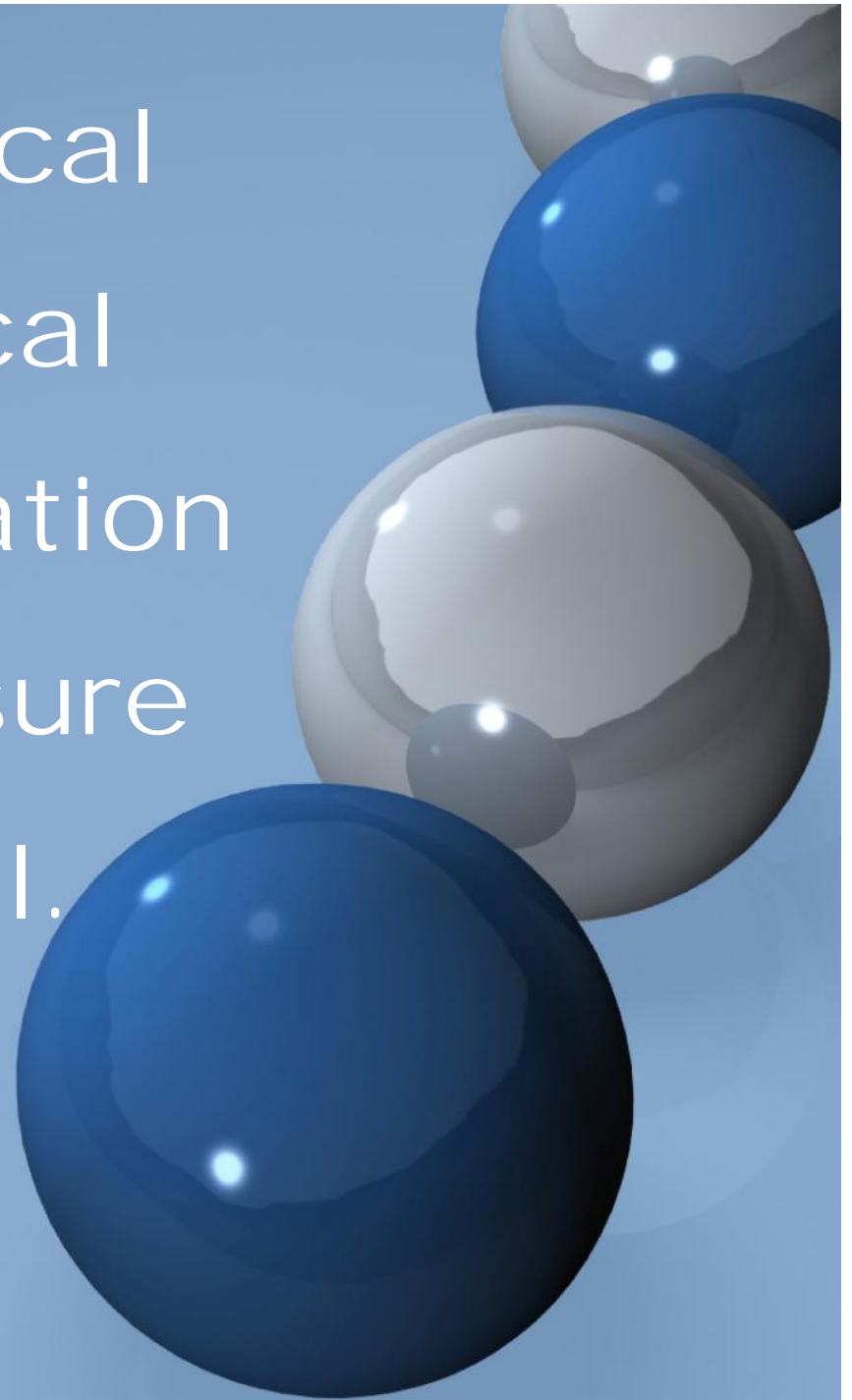


STRESS MANAGEMENT

WHAT IS STRESS?



Stress is a physical
and psychological
reaction to a situation
that places pressure
on an individual.



IT CAN BE -



Home,



Work,



Exams,



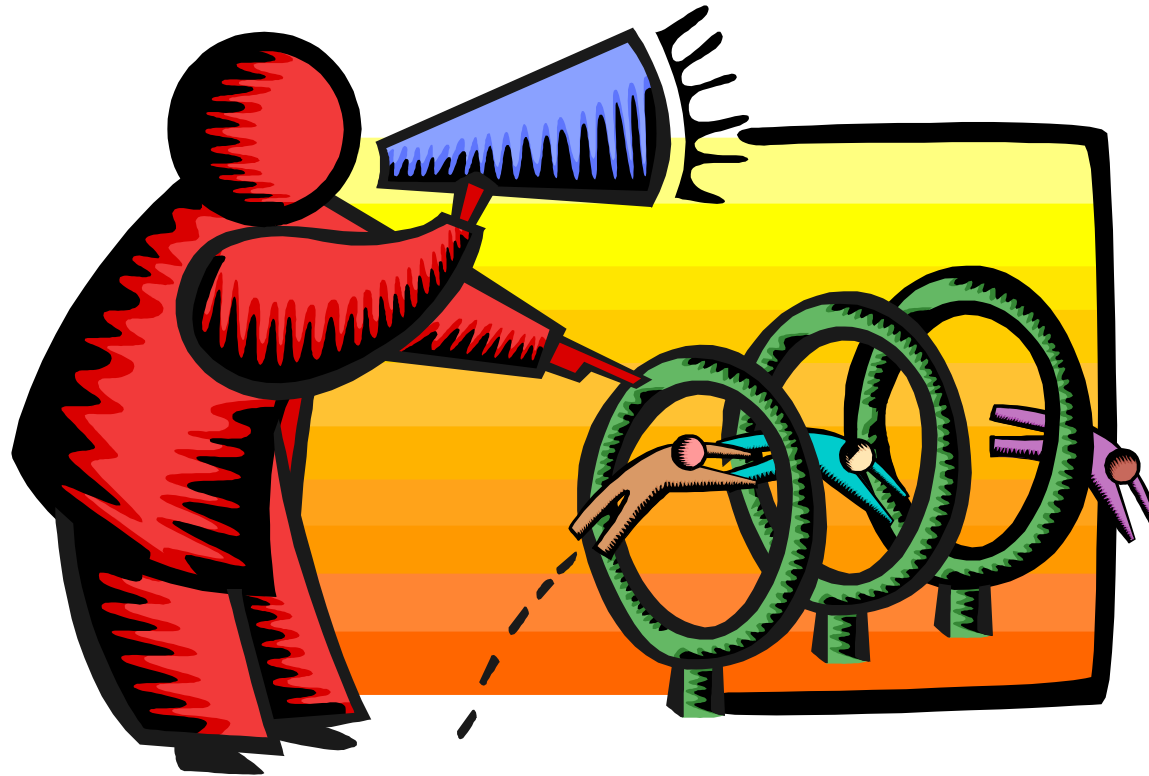
Bills,



Health,

STRESSOR

Any life event which requires the person to adjust or adapt in some way



We Manage Our
Business
Money
Wealth
Family



STRESS

IT IS A PART OF EVERYDAY LIFE

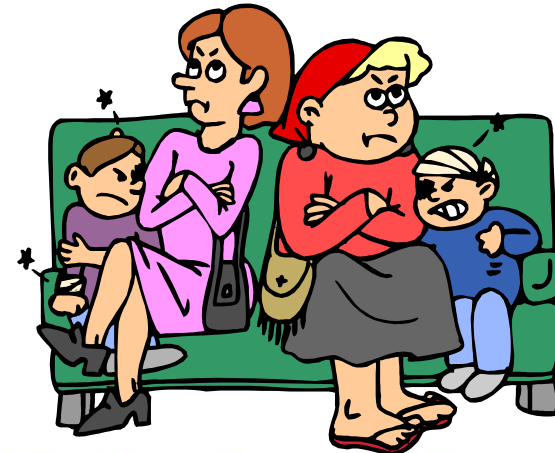
IT IS NECESSARY



Time,



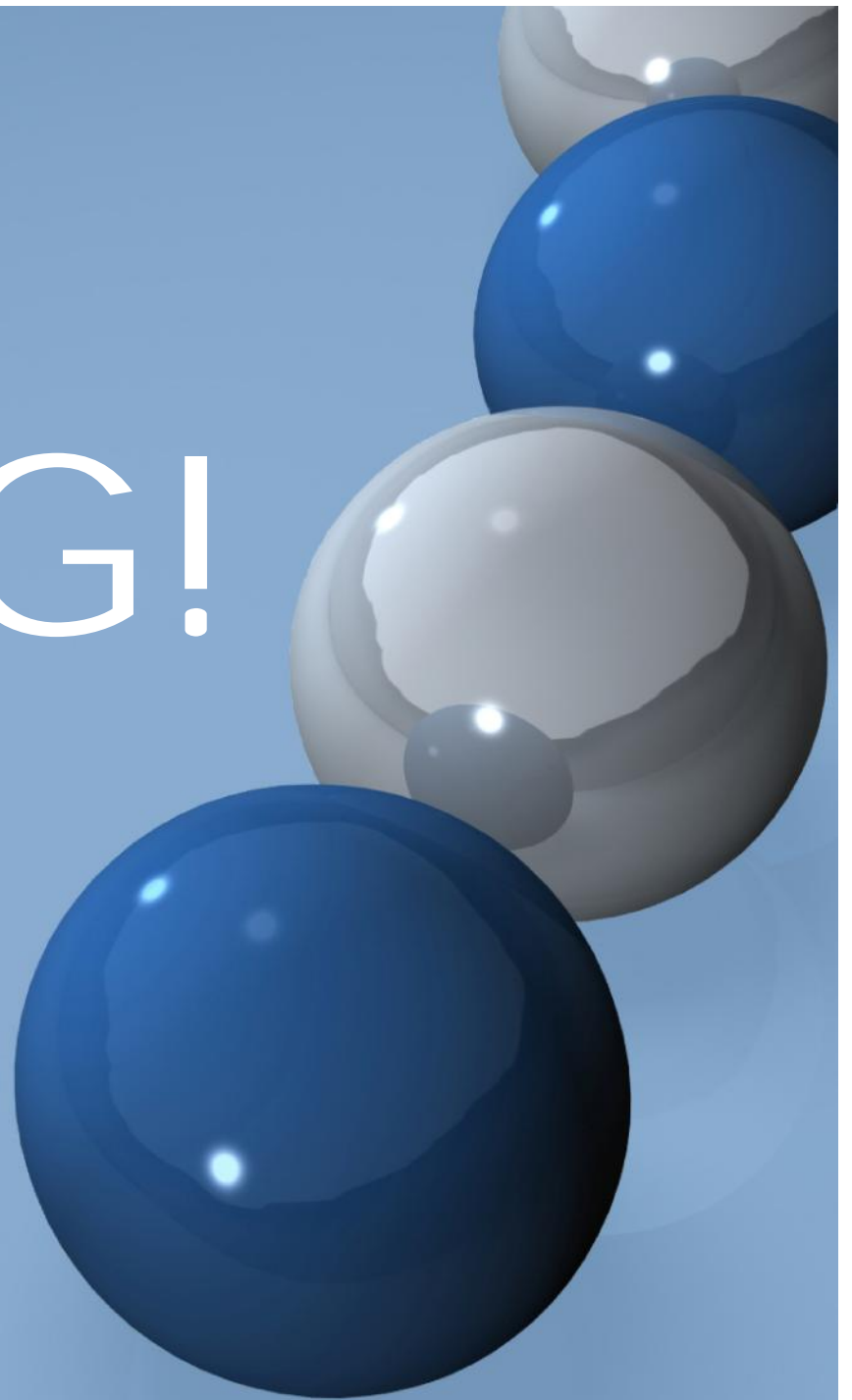
Money,



Relationships

**ENSURE THAT STRESS WILL
ALWAYS BE WITH US**

WRONG!



STRESS IS NOT
BECAUSE OF
THE NATURE
OF YOUR
WORK



IT IS YOUR
INABILITY
TO MANAGE
YOUR OWN
SYSTEM

