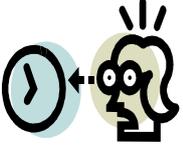


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## Management Of Stress



The word “stress” means **danger** and **occasion** in Chinese language. Stress is a state which exists as a result of impacts not being specific to body itself. Whenever we run into a difficult position, “hipotalamus” in the brain gets into movement. When encountered a situation causing stress, some physiological, social, psychological symptoms exist. It should be observed that when these stressful situations happen and how long do they last.



**How Can You Overcome Stress?** When people are under stress instead of thinking of probable solutions, they are in a bad position and this cannot be solved or changed easily. Thus, they feel themselves passive and miserable. Management of stress are divided into four parts. Abstractational side: prayers, meditation, forgiving, believing. Neurological side: dreaming, inner speeches, imagination, perspectives. Emotional side: supporters, touching, having a sense of humour, managing the inner world and loving. Physiological side: nutrition breathing, sleeping properly.

Stress is a part of our lives, and one cannot think a life without it. If we learn how to overcome stress, and at least know who to get help from we can easily maintain our lives with taking it under control and chance to have a healthy long span.

**AYŞE KARAKUŞ**