

Unit 8 - Key take aways about stress management



MAIN STRESSORS

Emotional challenges, physical demands, **time pressure**, emotional labour and **work-life imbalance**.



RECOGNIZING STRESS

Symptoms include fatigue, **anxiety**, **irritability** and emotional exhaustion.



IMMEDIATE RELIEF

Techniques like **deep breathing**, mindfulness and **physical movement**.



LONG-TERM MANAGEMENT

Time management, support networks, **healthy habits** and **setting boundaries**.



EMOTIONAL SELF-CARE

Practice compassion, **reflect on positive moments**, and seek professional support.



PRACTICAL APPLICATION

Use stress relief strategies and **seek help in challenging situations** to manage stress effectively

