



**Mi Universidad**

## **HEALTH POSTER.**

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# HOW TO AVOID STRESS

## PRACTICE MINDFULNESS

Deep breathing meditation and yoga are great ways to help manage stress.



## EAT HEALTHY FOODS

Make good food choices. What you eat affects your mood, energy, and stress level.



## CREATE A STRONG SUPPORT NETWORK

A support network can include family, Friends, guidance counselors, and mentors. A mental health professional can also provide support.



## THINK POSITIVE

Challenge negative thoughts with positive thoughts. "I'm terrible at this" can be transformed into "I will get better with practice!"



## BUILD OPTIMISM

Build optimism by learning to pay more attention to positive events instead of the negative ones. Writing in a gratitude journal can help you focus on the positive.



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## GET GOOD SLEEP



To avoid a stressful morning rush, stick to a set bedtime and wake time.

Turn off screens a half hour or more before bed. Wind down with quiet activities like Reading, writing in a journal, or listening to calming music.

## GET MOVING

Exercise takes our mind off stress and increases the body's production of endorphins the brain's feel good chemical.



## DEAL WITH PROBLEMS AS THEY COME UP

Don't ignore everyday problems but don't stress out about them either. Instead, figure out how to handle them. If you're not sure what to do, ask for help from your support network.



## TAKE A BREAK

Take a break from stressful situations. Activities like listening to music, drawing, writing, or spending time with a pet can reduce stress.



## GET OUTSIDE

Spending time in nature can help relieve stress and anxiety, improve your mood, and boost feelings of happiness.

