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Nombre de la materia: Inglés III

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Tema: Como evitar el estrés

Licenciatura: Enfermería

3° cuatrimestre, grupo "A"

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AVOID STRESS

SLEEP WELL

YOU NEED 8 HOURS OF SLEEP EACH NIGHT TO RECOVER WELL





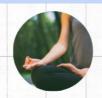
BE OPTIMISTIC

GET THE BEST OUT OF YOURSELF DAY BY DAY BY HAVING POSITIVE THOUGHTS.

EXERCISE

SPORT IS GOOD FOR PSYSICAL AND MENTAL HEALTH





MEDITATE

FORGET ABOUT WORRIES TO GIVE YOUR MIND A BREAK.

LAUGHTER

ENJOY A GOOD MOOD. LAUGHING GENERATES A SENSE OF WELL-BEING.





TAKE A BREAK

AT LEAST 10 MINUTES TAKEN A WORKFOR COFFEE WILL DISTRACT YOUFROM YOUR ACTIVITIES

STRETCH

BEING IN ONE POSITION AL DAY GENERATES PAIN AND STRESS, YOU NEED TO STRETCH.





SHARE

SPENDING TIME WITH FAMILY OR FRIENDS IS GOOD FOR EMOTIONAL HEALTH.

EAT ON TIME

SKIPPING MEALTIMES INCREASES STRESS VERY QUICKLY.





PLAN YOUR DAY

IN THIS ORGANIZED WAY YOU WILL BE ABLE TO DO YOUR ACTIVITIES AND HAVE SOME TIME FOR YOUR SELF