



UDRS

Alumnas:

Evelin Abigail Cordero Moreno

Yuliana Guadalupe Moreno Hernández

Nombre de la materia: Inglés III

Profesor. Diana Goretti Alarcón

Tema: Como evitar el estrés

Licenciatura: Enfermería

3º cuatrimestre, grupo "A"

Comitán de Domínguez, Chiapas a 16 de
Junio de 2024.

www.sitioincreible.com



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 PSYICAL 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.

