

★ Stress Management & Emotional Well-Being ★

Stress is a natural part of life, but when it becomes overwhelming, it can affect our physical and emotional health. Understanding how to identify stress and manage it early helps us maintain balance and mental clarity.

★ What Causes Stress?

- Busy schedules and responsibilities
- Academic or work pressure
- Family or relationship issues
- Major life changes

➡ Signs You May Be Stressed:

- Feeling tired or irritated often
- Difficulty sleeping
- Headaches or muscle tension
- Overthinking or worrying constantly

😊 Simple Ways to Manage Stress:

- ✓ **Deep Breathing:** Practice slow, calm breathing to relax your body.
- ✓ **Mindfulness:** Stay present instead of worrying about the past or future.
- ✓ **Healthy Routine:** Maintain regular sleep, exercise, and eating habits.
- ✓ **Talk to Someone:** Sharing your feelings reduces emotional load.

Conclusion:

Managing stress is about staying aware of your emotions and taking small, consistent actions to care for your mind and body. Prioritize your well-being — it is not selfish, it is necessary.