## Self-Management Skills



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	3 Sports
	3 Yoga 4 Meditation
	4 Meditation
	3 Taking Break
	6 Nature walk - Practice in Japan (Shinrin Yoku)
100	6 Nature walk - Bractice in Japan (Shinrin Yoku) "forest bathing"
	- Lower pulse votes, lower blood
1	Pressure, lower level of Cortisol
	The state of the s
Control of the contro	Cortisol in called estress hormone.
	Released when othere is increased level of stress. other usuch hornione is adveraline.
	other usuch hornione is adrenaline.
12	9 4-1:4-
	1) Holidaying and vacationing at book
	had that had best made I that he had
	es. Stren factors for students?
Ans	Stress factors for estudents are:
	O Social Cartoll
	· O
	2 Aradenie factor
The second second	3 other factors - Commuting Problems - viegular travel Financial problems Expectation Management
	Cularitation Administration
	Expediation Management
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Qu	1. What are itchnique for controlling estress?
Ang.	Tips for vontrolling estress are:
	1 Proper time Management
	1) Proper time Management 2) Physical exercise
	3 Positive thinking
	(9) Go istep by istep
	(3) Act usmarty
	(6) Uspend a V relaxing time
	(7) Take good diet
	7
<b></b>	Good foods for estress - warn drinks, whole
The state of	france, nuts, vitamine,
	La banard etc.
	L+ food to avoid during estress. Coffeine, Refined
	Origin food ( Crokies, Cakeleti)
	refine Carbs food (junk food, fast food etc.)
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