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from positive challenges or ex experiences.	ating
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Ly Stress coping - Modern Perspective:	
Modern Perspective:	
· Stress is inevitable.	
· Always has a cause.	
· we can prevent, control and cope	t.
	up with street
Ly ways to cope up with stren:	
	the late of
· Knowledge.	The state of the s
· Skills.	and a subcreaming of commencer monthly the substance of sufficient substances.
· Objectives.	The state of the s
Practice.	The second secon
· Social support.	3
	The Court Co
La Sources of stren:	Mark State Co. State Co.
@ Environmental Stren:	7 () ()
· Heat. · Cold. · Noise. · Pollution.	· Traffic.
@ Physiological Strem:	
· Lack of sleep. · Ilners. · Poor nut	rition.
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3 Socio-Cultural stren:	
· Financial problems. · Relationship	problems.
· Workload.	1
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@ Cognitive Stren) :-		
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· Sleep distu	8 banco	@Biochemical.	The same of the sa
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· lack of con	ncentration.	@ Physiological:	
· Negative 4	nougts.	· Higher blood	pressure.
· Worrying	YY	· Muscle tension · Dry mouth.	n. 3
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3 Emotional.	Annual Section Control of the Section	· Shallow breath · Dilation of a	ling
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· Irritability.	Marie Branch Committee of the Angelow Committee of Marie Committee of		
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4 Effects OF Strem:	
Negative	Positive
· unpreasant Emotions.	· Source of energy.
· Negative thoughts.	· Increase performance
· lack of motivation.	· Physiological arouses
· Consumes mental energy.	and alertness.
· Narrowing attention.	· Prepare the body to
· Preocupation	meet challenges.
· Interpersonal problems.	
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1. Occupion C. Observation	
Ly Reaction To Stress:	Term is not an involved and constitute that well-the distriction of the constitution o
· Isolation.	MARKET STATE OF THE CONTROL OF THE C
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	Acting (3) Thinking
	Feeling () Feeling.
• Anger.	Thinking Acting.
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· Negativity.	
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The state of the s	riews.
Many people involve	0.
Different solution.	
Problem is complex.	

Ly Stress coping Styles 1			
- Positive	Neg	ative	
· Problem solving.	· Avoidance	0.	
· Social support utilizing	· Self-blame.		
· Social support utilizing · looking for the silver lining.	· wishful	thinking.	الح الله
L> Behavioral Stress mana	gement:		
· Relaxation.			100
· Yoga.	A STATE OF THE STA		11.4
· Meditation.	The same and the s	The desirement of the second o	
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· Biofeedback.	AND THE PERSON OF THE PERSON O	PARTIES CONSISTENCE SHOWER SHOWS THE SERVE PARTIES	
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Li Personal coping strategies	The residence of the part of t	CATALOGUE DE LA CALCACION DE L	
· Trust in time.	The state of the s		
· Don't isolate yourself.	En la de la company de la comp		
will and	PARTITION OF AN ANALYSIS AND AN ANALYSIS AND ANALYSIS ANA	CONTRACTOR OF THE PARTY OF THE	
· Exercise and get a pet.	STORY AND DESCRIPTION AND DESC	Commence of the Commence of th	
· Keep sense of humour.		0.1	
amour.	May the state of t		V.
L> Habits.			Anthu B
1 State Contract of the Contra	THE REAL PROPERTY AND ADDRESS OF THE PERTY ADDRESS OF THE PERTY ADDRESS OF THE PERTY AND ADDRESS OF THE PERTY ADDR	1 201	
· Enough sleep.			
· Proper eating.			0
· No drugs or alcohal.			-
· Regwar exercise.		A No	3
· Maintaining normal weight		-	
The state of the s		- 23	

· control : Self-control
1/2
· Commitment: Stay committed to your-self. · Challenge: Take your problems as challenge.
L> 3'C- (Stress coping option)
· Change environment: (flight) ". woods 191 mil 231
· Change the environment: (fight) "ir we do be en in oly
· Change rourself: (attitude, belief) - in du éso
Ly Do Somethine I among the second of the se
• Cry or land.
· listen to music.
· Draw or paint.
· Keep pets.
Go to walk.
· Palk to someone.
"There is only one problem, that is the fear of 'unable to cop'."