

***Stress management:***is the amelioration of stress and especially chronic stress often for the purpose of improving everyday functioning.

1. *Your Looks*

*(Appearance)*

1. *More focused, more positive*
2. *More energy*
3. *Better digestion*

***Benefit of stress management:***

***Stress management***

Name Rashed Mohamed Class: 10-1

1. *Exercise for 30 minutes Every Day*
2. *Listen to Relaxation Music*
3. *Meditate for 20 minutes In The Morning and Evening*
4. *Drink a Minimum of Eight Glasses of Water A Day*