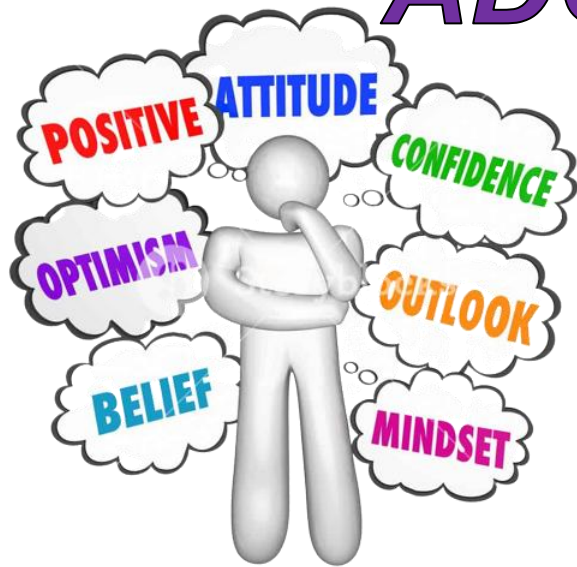


BUILDING SELF ESTEEM IN MANAGEMENT OF STRESS AMONG ADOLESCENTS



***Jeyasuriya J MPhil.,
Counselling Psychologist***

Objectives

What is stress?

How do you feel when you are stressed?

How do you handle stress?

What is self-esteem?



What is Stress?

Stress is a **negative** emotional experience accompanied by **biological, psychological, and behavioral** changes for **adapting** to a challenging situation.

Personal Wellness



PICTURE TALE

Identify these pictures



Increased blood pressure



*Palpitations, Sweating,
Breathlessness*



Reduced sleep



Crying



Isolating from others



Gastric problems



Body ache



Irritability/ Anger



Substance abuse



Stressors for School students



Examination fear



Pressure on Career decision



Parental pressure



Time Management



Peer Pressure



Fear of missing out



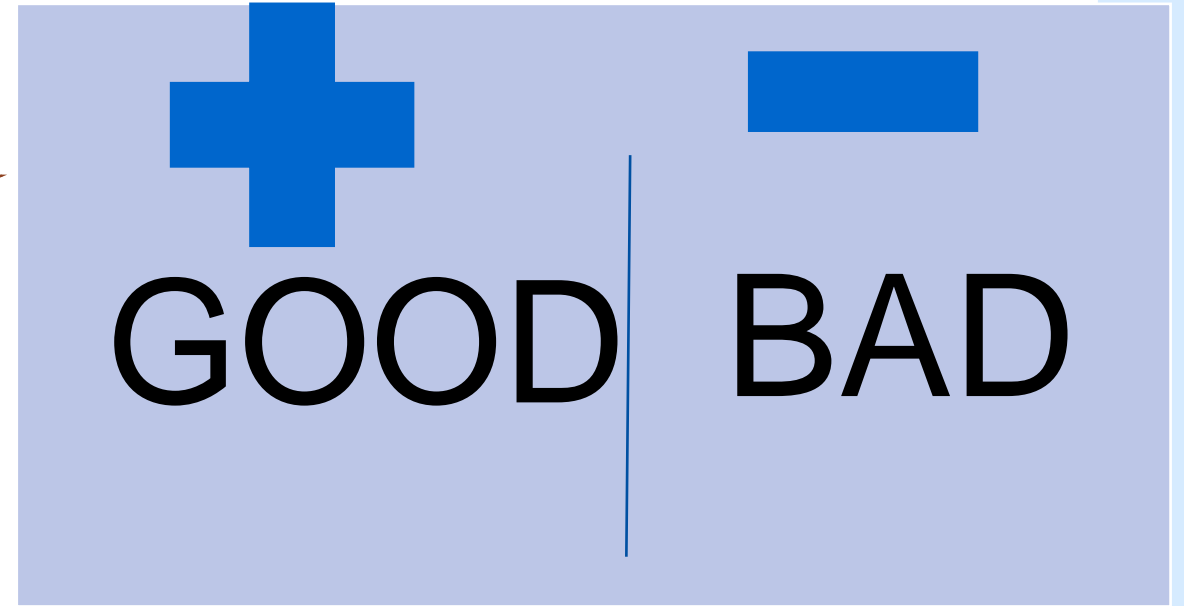
Multi tasking



Underestimating yourself



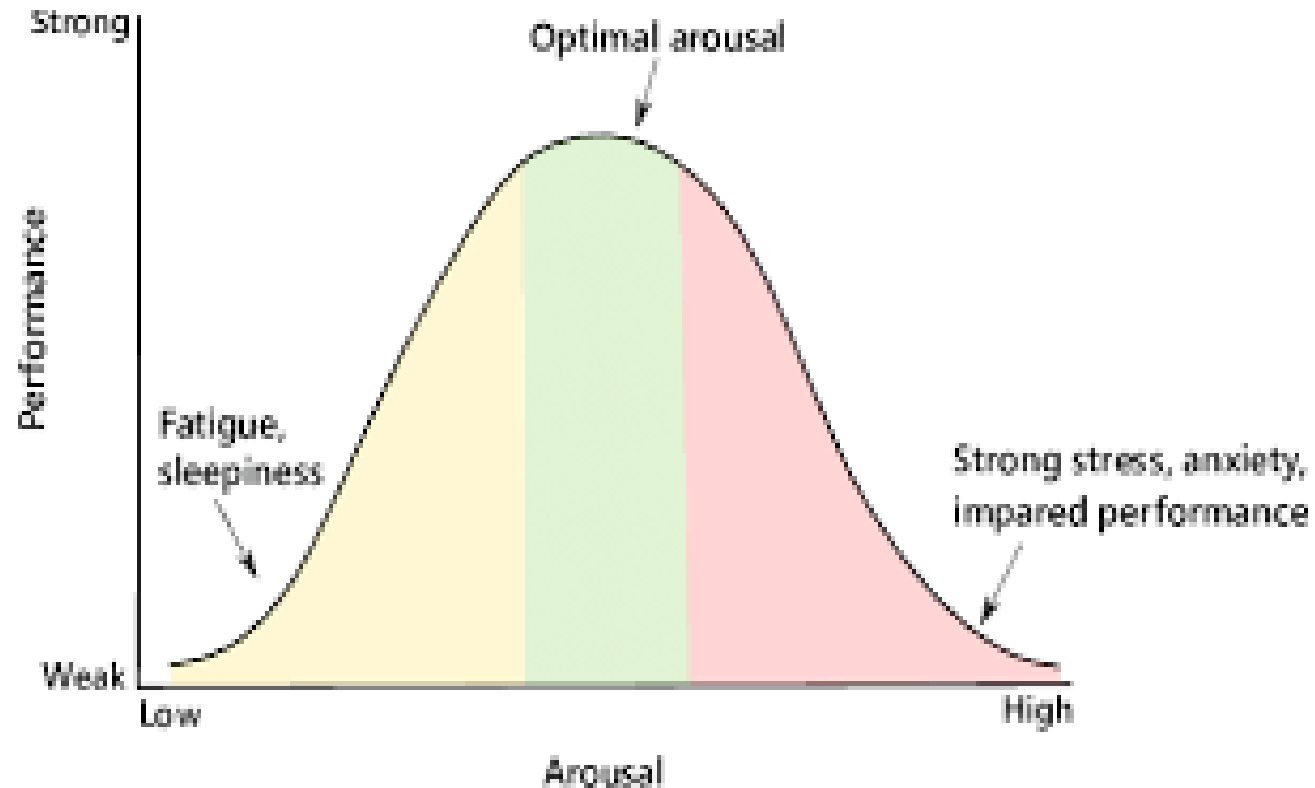
Attachment to technology



Stress for Optimum functioning

Level of stress

Yerkes - Dodson Law (1908)



BURNOUT
Emotional, physical,
and mental
exhaustion caused
by excessive and
prolonged stress

What is self-esteem

Self-esteem refers to how much a person likes (esteems) herself or himself.



Stress Management Techniques

*Manage stress
before it
manages you!*





***Big rocks of
life...***

Prioritise!



Watching movie

Studies

**Family
time**

**Chatting with
friends**

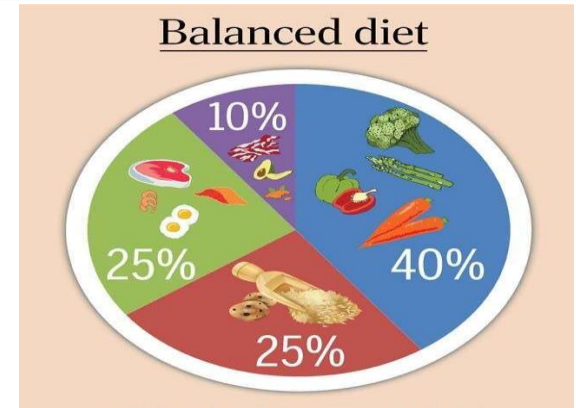
Social Media

Video Games

Playing Games



Self-care





“ME”



Negative self statements

I'm not feel good

I can't...



I will fail

Positive self statements

**I Can
do it**

**I am
strong**

**I am the
best**

**I feel
good**



Relaxation technique

Deep Breathing

4 – 2 – 6

Find support



**IT'S NOT THE
LOAD THAT
Breaks You
DOWN, IT'S
THE WAY
YOU CARRY IT.**

Don't hesitate to seek professional help...

Feedback

To sum up...

- Stress is inevitable
- Optimal level of stress
- Developing personal wellbeing
- Effective management of stress



*Change what can be changed;
Accept what cannot be...*

**GIVE YOUR
STRESS WINGS
AND LET IT
FLY AWAY.**

IETS



Thank you..