

CONTENTS

● Introduction	1
● What is Stress?	1
● Begin by Identifying Stressors to Recover from Psychogenic Stress	2
● Handle Stress by Knowing Your Own Personality	2
● A Psychological Check of Your Mental Health ~To Know Your level of Tolerance against Stress~	3
● Your level of Tolerance against stress and Advice	4
● Knowledge about How to Handle Stress 1 ~Recommendations for Refreshing Yourself~	5
● Knowledge about How to Handle Stress 2 ~Recommendations on Expressing Yourself~	6
● Knowledge about How to Handle Stress 3 ~Recommendation for a Comfortable Sleep~	7
● Knowledge about How to Handle Stress 4 ~Diet That Protects You against Stress~	8
● Knowledge about How to Handle Stress 5 ~Relaxation~	10