



Stress management

More
burdens

More
stress

More
mistakes

insomnia

Miss
decision
making

Balanced
burdens

Powerful
motivation

High
energy

Good
perception

Calmness
and
balance

Little
burdens

Dullness

tepidity

Losing
motivation

Careless

How to manage stress

- Reorganize you life style
- Revise your relation with Allah
- Revise your values and goals in the light of reality
- Monitor any changes that touched your thoughts, feelings and behaviors
- Take care about life basics like food, exercises and rest .



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