

WHAT IS STRESS?

Stress is the body's response to any demand or change. It can be caused by both good and bad experiences and affects people in different ways. Understanding how it works is the first step to handling it better.



We help individuals recognize stress and adopt healthier habits. Our resources aim to guide you through everyday challenges with simple and useful techniques.



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UNDERSTANDING STRESS

Learn how to identify, cope with, and reduce stress in this easy-to-follow guide.



THE IMPACT OF STRESS

Stress affects the mind and body. It can show up as tension, frustration, or feeling overwhelmed. Long-term stress may lead to more serious issues if not addressed early.

Physical Symptoms

Mental & Emotional Symptoms

Long-Term Effects



STRESS MANAGEMENT TECHNIQUES

Managing stress doesn't have to be complicated. With small daily changes, you can build healthier habits and feel more in control of your emotions and energy.

- Deep Breathing Exercises
- Mindfulness & Meditation
- Physical Activity
- Time Management



WHY STRESS HAPPENS

Recognizing your sources of stress is the first step toward managing it.

Trouble sleeping

Headaches or fatigue

Difficulty concentrating

Mood swings

