

Republic of the Philippines

CAVITE STATE UNIVERSITY

(CvSU)

DON SEVERINO DE LAS ALAS CAMPUS

Indang, Cavite



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300 feet away

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Stress Management

Stress Management - Theory, Assessment and Coping Strategies

- Stress: a response to a stimulus
- Stressor: a stimulus that causes a stress response
- Stress response: a physiological and psychological response to a stressor
- Acute stress: a short-term stress response
- Chronic stress: a long-term stress response
- Stress management: strategies to reduce or control stress
- Stress management techniques: relaxation, exercise, time management, etc.

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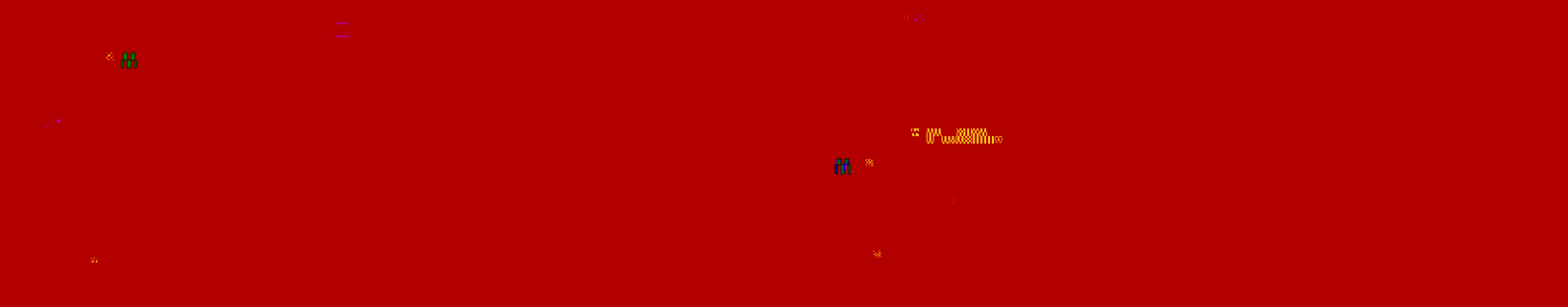
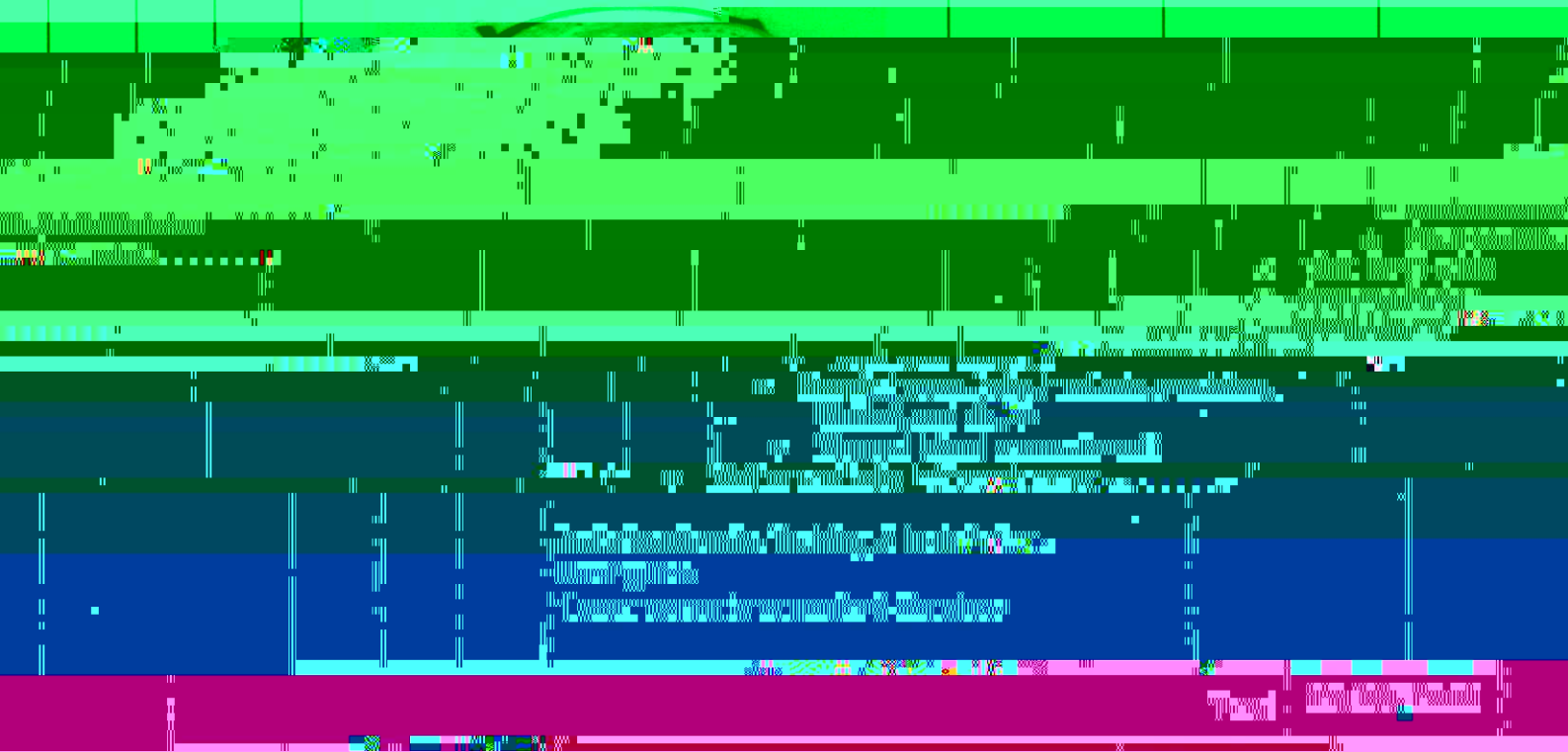
• Postpartum abdominal cover



- 2 umbilical cords
- 2 precut



- NIBP calibration kit



EMEILINE C. GUEVARRA
Chair, BAC T₂₀₂₅