



# ***7 Simple Ways to Manage Stress***

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***Stress is a natural part of life, but taking proactive steps can help you manage it effectively.***

# ***What is Stress?***

***Stress is a normal human reaction that happens to everyone. In fact, the human body is designed to experience stress and react to it. When you experience changes or challenges (stressors), your body produces physical and mental responses.***

***Stress responses help your body adjust to new situations. Stress can be positive, keeping us alert, motivated and ready to avoid danger. For example, if you have an important test coming up, a stress response might help your body work harder and stay awake longer.***

# ***Exercise & Stretching***

***Physical activity, such as walking, yoga, or even dancing, helps release endorphins, improving mood and reducing stress.***

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# ***Deep Breathing***

***Spend a few  
minutes focusing  
on your breath.***

***Inhale deeply for a  
count of 7, hold for  
4, and exhale for 7.***

***This activates your  
body's relaxation  
response.***

**BREATHE**

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# ***Sleep Well***

***Ensure 7–9 hours of quality sleep each night. Create a relaxing bedtime routine, such as reading or meditating, to unwind.***

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# ***Relaxation & Meditation***



*Spend a few  
moments daily  
practicing  
mindfulness or  
meditation to stay  
present and calm.  
Apps like Headspace  
or Calm can help.*

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## ***Connect With People***

*Talk to a trusted friend,  
family member, or therapist.  
Sharing your feelings can  
lighten your mental load.*





A person's arm and hand are visible on the left side of the frame, holding a black camera with a long, telephoto lens. The person is wearing a brown backpack. The background is a vast, hazy mountain range under a bright sky, suggesting a high-altitude or scenic location. The overall tone is warm and inspiring.

# ***Engage in Hobbies***

*Dedicate time to activities you love, whether it's painting, gardening, or photography. These provide a sense of joy and relaxation.*

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# ***Take a Break***

*Break tasks into  
manageable  
steps, make to-do  
lists, and tackle  
one thing at a  
time to avoid  
feeling  
overwhelmed.*

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# Remember To Seek Help & Support When You Need it.

It's okay to ask for professional help if you feel that you are struggling to manage on your own.



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