



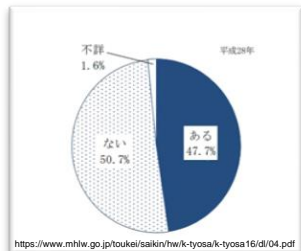
# How to deal with stress



Group B4

→Frequent incidents due to stress

→Widening gap between the number of claims for workers' compensation for mental illness and the number of certifications



Composition ratio by presence or absence of worries and stress



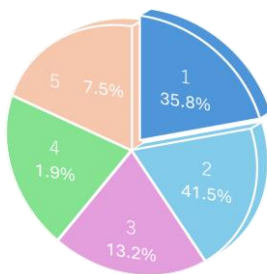
Workers' compensation for mental illness

## Are we taking stress too negatively?

### ①questionnaire survey

#### About Relationships

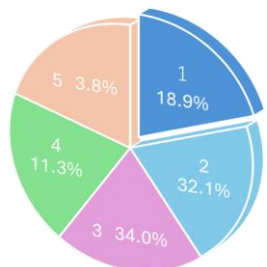
Q What do you feel is the ideal level of stress in relationship?



High percentage of 2

#### About Studying

Q What do you think is the ideal level of stress in your studying?

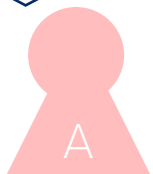


High percentage of 3

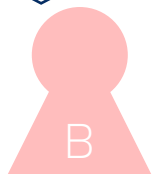
### ②Experiment by test

test1 → test2  
stressed

test2 only  
stress-free



7 / 20 points



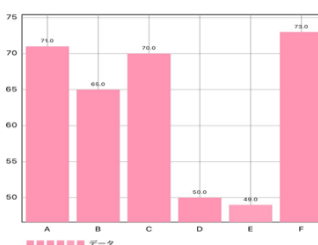
9 / 20 points

Too much stress → Harmful to the body  
Comfortable stress → Positive effects on the mind

### ③Experimental result

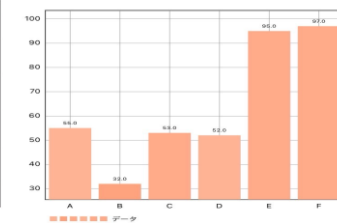
Person A

Stress levels by type of stress relief



B

Stress levels by type of stress relief



- A...normal
- B...enough sleep
- C...warm body
- D...deep breath
- E...light exercise
- F...fragrance, music

★ Fragrance and music are the most effective

★ Warming body or deep breathing are good

### ④consideration

#### About stress

Relationships

It's better not to have it

Studying

It's better to have a little

#### About stress relief

→ If it is not sustainable, aroma and music are best to warm the body.