

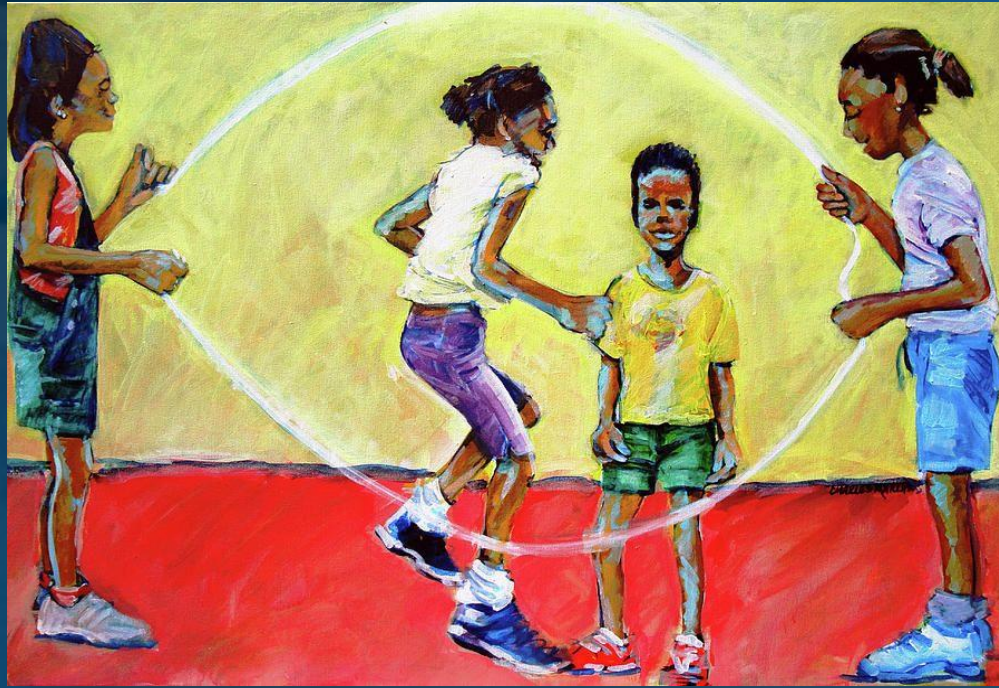
Go to [www.menti.com](http://www.menti.com) and use the code **34 43  
38 6**

# Maneha Stress di Covid

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Ekipá nos mes pa dil ku difikultatnan di e tempu

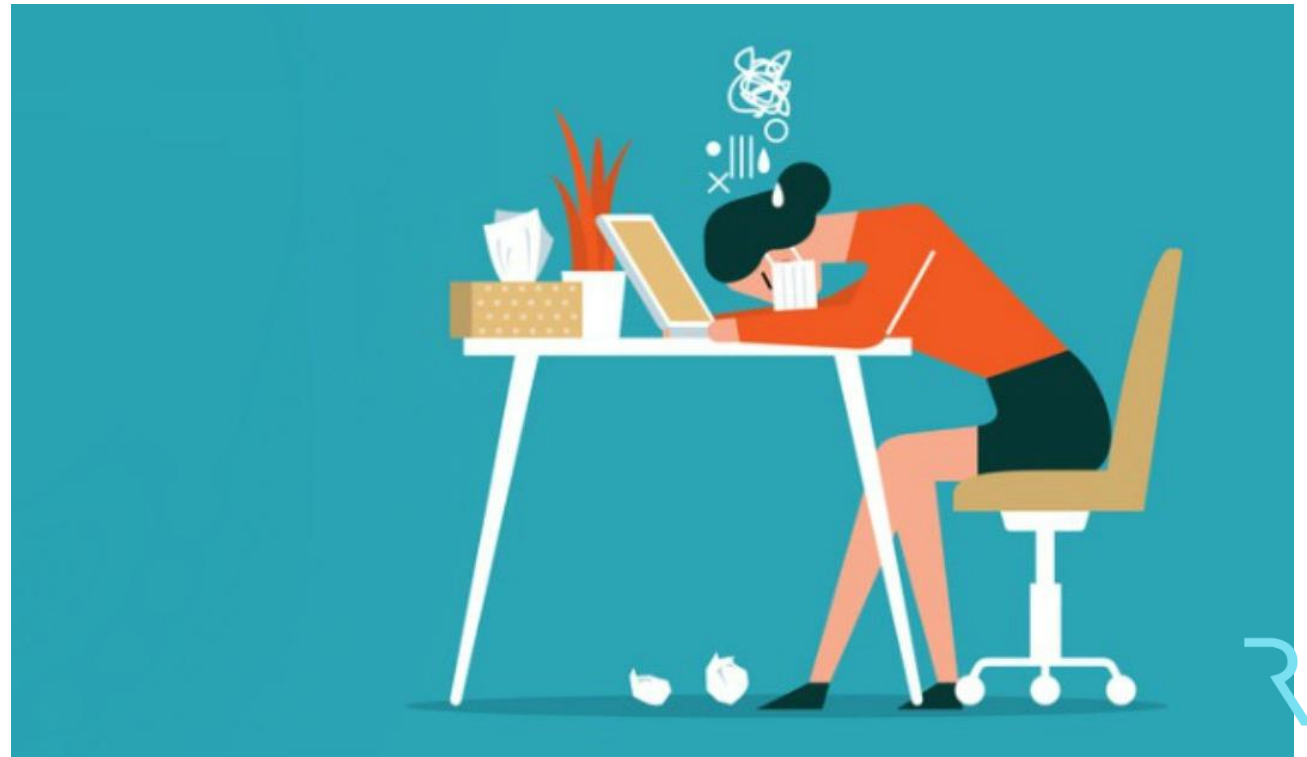
drs. Ijolène Constancia  
sikòlogo

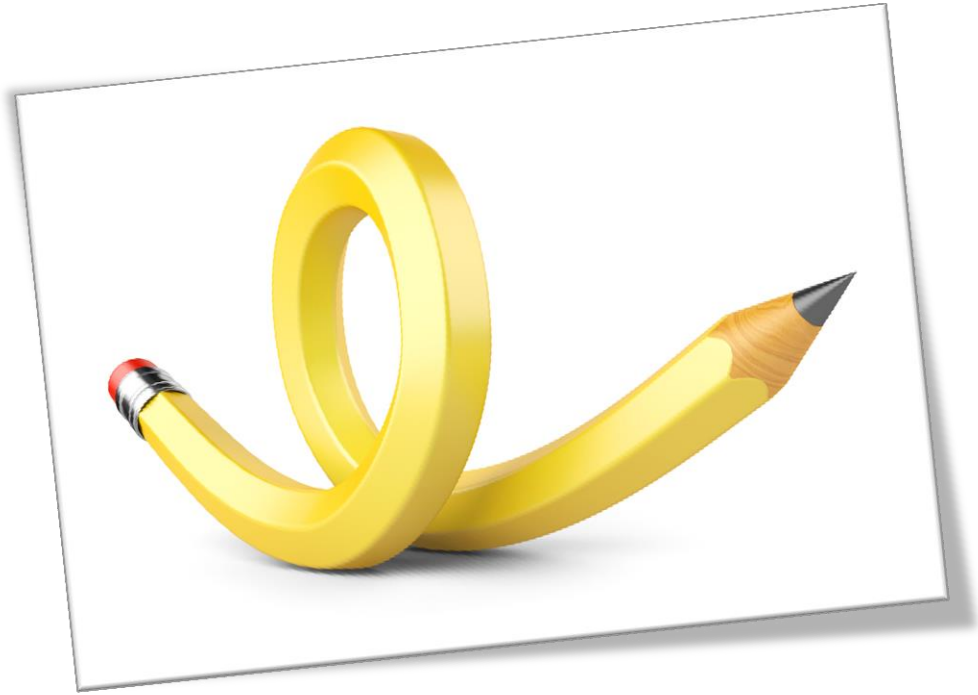


- 1. Pensa riba un di bo weganan favorito ora bo tabata mucha?*
- 2. Kwa wega esaki ta?*
- 3. Kon bo tabata sintibo ora bo tabata hunga?*
- 4. Kon bo ta sintibo awor ku bo ta kòrda?*



- Stress
- Impotensia
- Sentido de pèrdida di kòntròl
- Fatíga
- Iritá





## Karakteristíka flèksibel:

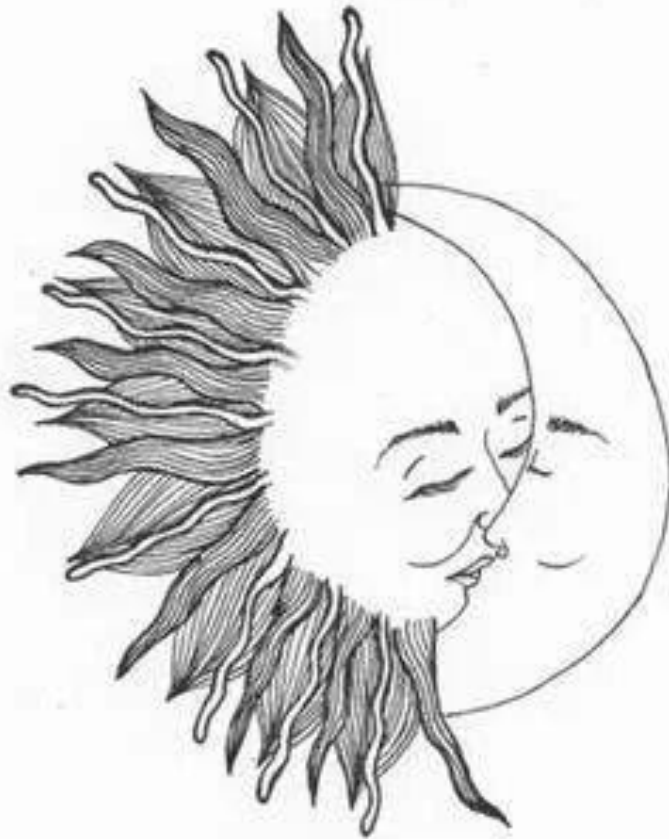
- Bai fasil ku kambio
- flèksibel
- Adapta fasil na situashon nobo
- Mester di preshon pa funshona
- Tendensia kaotiko (slòrdig)

## Karakteristíka organisá:

- Bon pa plania
- Mantene su mes na panifikashon
- Tra strukturá
- No ta dil bon ku kambia



E dos  
karakteristikanan  
aki ta  
komplementa l  
sostene otro.



tell me what is more beautiful;  
how the moon lets the  
sun shine  
throughout the day  
or  
the way the sun lets the  
moon glimmer  
at night

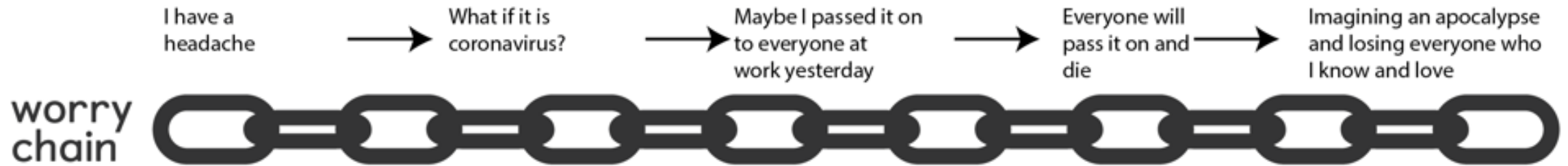
-s.b

[riseafterfalling.tumblr](https://www.tumblr.com/riseafterfalling)

**Kon pa maneha e strès!**

# Kibra e kadena di prekupashon

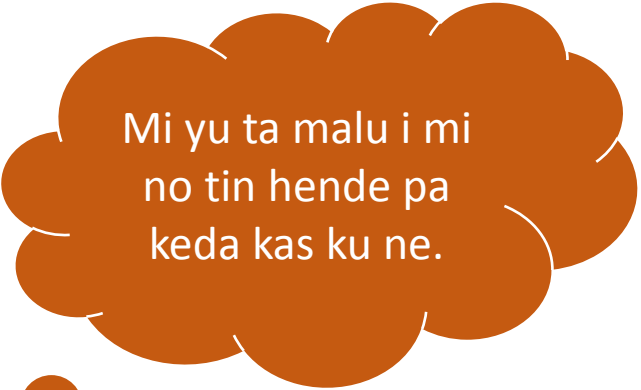
1



# Kibra e kadena di prekupashon

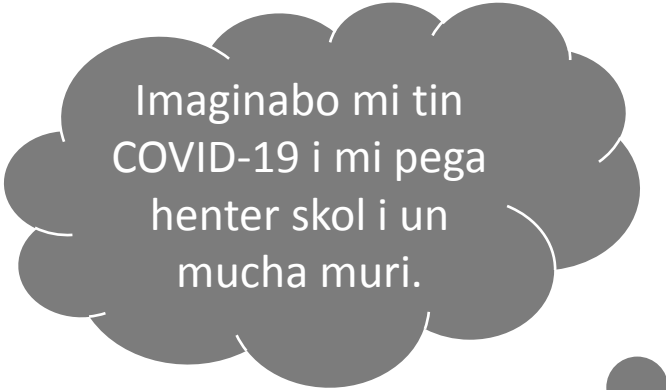
Distingui entre prekupashon real I prekupashon hipotético

## Prekupashon real



Mi yu ta malu i mi  
no tin hende pa  
keda kas ku ne.

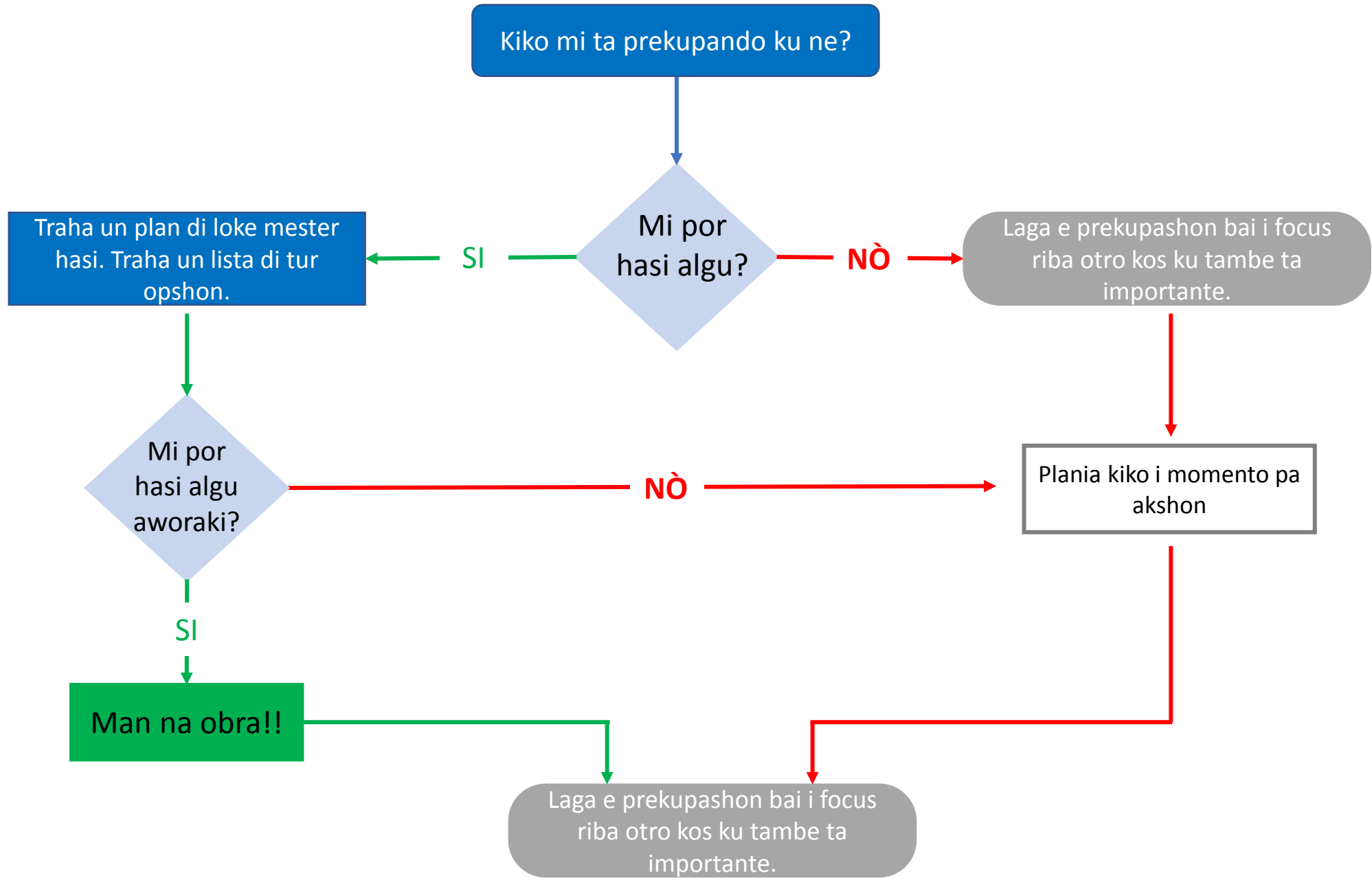
## Prekupashon hipotético



Imaginabo mi tin  
COVID-19 i mi pega  
henter skol i un  
mucha muri.



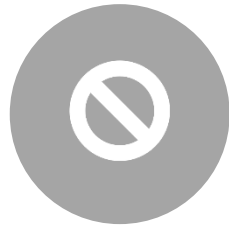
# Diagrama di desishon



# Prepara pa sigui – Algun Tip



PRAKTIKÁ BO FE



EVITÁ  
KAMBIONAN  
INNESESARIO DEN  
BO BIDA.



TRA UN LISTA DI  
BO MANERANAN  
PA COPE (DIL)



ENFRENTÁ E  
FAKTOR DI STRESS  
AKTIVAMENTE I  
AGRESIVAMENTE



PASA TEMPU KU  
PERSONANAN KU POR  
SKUCHA I SOSTENE BO  
POSITIVAMENTE.

# Prepara pa sigui – Algun Tip



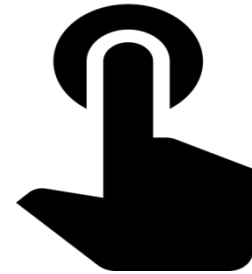
Praktiká gratitut.



Keda mental i físikamente aktivo.



Tin un rutina di dia.



Detektá i limitá prekusashon



Stèns riba fuentenan di notisia konfiabel.

# Human being



Fight - Flight - Freeze Response!

Danger Threat  
Vulnerable



Fight

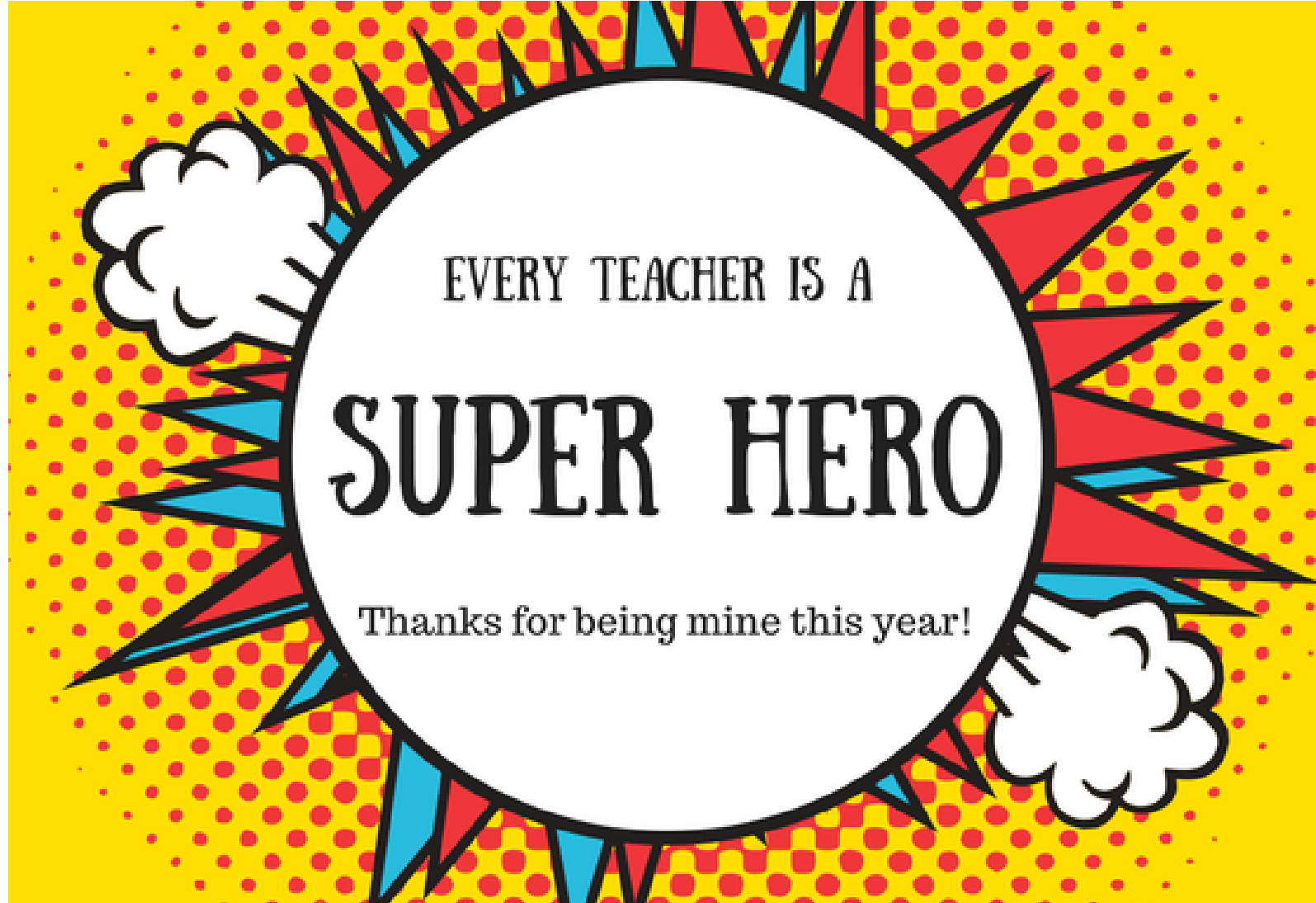


Flight



Freeze





Go to  
[www.menti.com](http://www.menti.com)  
and use the  
code **34 43 38 6**

# Thank you.

drs. Ijolène Constancia

Juan 7:38

Esun ku kere den Mi, manera e Skritura a bisa:  
'For di su paden lo kore riunan di awa bibu.'

The logo for RIVER, featuring a stylized 'R' in a light blue color followed by the word 'RIVER' in a dark blue, sans-serif font.