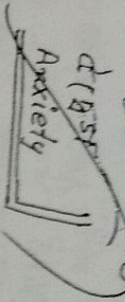


ସମ୍ବନ୍ଧିତ ଭାବରେ 1000 ଆନୁଭବଗତ ଭାବନା
ଅନୁଭବ କରି
worrying stress କିଛି ନୁହେଁ,
stress ବାଲି ବାଲି ଭାବେ, 1000 ଯଦି ଭାବନା
ଅଧିକ ହୁଏ, ସ୍ତବ୍ଧ ଭାବନା ମୋର ଭାବନାକୁ
ମୁଁ ଦୂରରେ ରଖି ଦେଖିବାକୁ ଚାହୁଁଛି ଏବଂ ମୋର
ଦୃଷ୍ଟି, ଏହି ଦୃଷ୍ଟିକୁ ଆପଣଙ୍କ stressors ବିଷୟରେ
ସାଧୁ ଭାବେ,



Stress ବାଲି ବାଲି ଭାବେ, 1000 ଯଦି ଭାବନା
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- / ସ୍ତବ୍ଧ ଭାବନା
- / ସ୍ତବ୍ଧ ଭାବନା
- / ଭାବନାକୁ ଦୂରରେ ରଖିବାକୁ
- / ଭାବନାକୁ ଦୂରରେ ରଖିବାକୁ
- / ଭାବନାକୁ ଦୂରରେ ରଖିବାକୁ

Coping Strategies

ସ୍ତବ୍ଧ ଭାବନା ଓ ଭାବନାକୁ ଦୂରରେ ରଖିବାକୁ
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ସାଧୁ ଭାବେ,

Coping ଭାବେ ସ୍ତବ୍ଧ ଭାବନା - ସାଧୁ ଭାବେ

ସ୍ତବ୍ଧ ଭାବନା ଓ ଭାବନାକୁ ଦୂରରେ ରଖିବାକୁ
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Stress

Stress is the physical response to a demand or pressure. It is a state of mind, a feeling of tension or strain. It is the body's reaction to any change in the environment that requires adjustment. Stress is a natural part of life, and it can be both helpful and harmful. It can help you focus and perform better, but it can also lead to health problems if it is not managed properly. Stress is caused by a variety of factors, including work, school, family, and health. It is often a result of feeling overwhelmed or unable to cope with a situation. Stress can be managed through a variety of techniques, including relaxation, exercise, and time management. It is important to recognize the signs of stress and take steps to manage it before it becomes a problem. Stress is a complex phenomenon, and its effects can vary from person to person. It is a natural part of life, and it can be both helpful and harmful. It can help you focus and perform better, but it can also lead to health problems if it is not managed properly. Stress is caused by a variety of factors, including work, school, family, and health. It is often a result of feeling overwhelmed or unable to cope with a situation. Stress can be managed through a variety of techniques, including relaxation, exercise, and time management. It is important to recognize the signs of stress and take steps to manage it before it becomes a problem. Stress is a complex phenomenon, and its effects can vary from person to person.

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Stressors

Stressors are the things that cause stress. They can be physical, emotional, or mental. Examples of stressors include work, school, family, and health. Stressors can be both helpful and harmful. They can help you focus and perform better, but they can also lead to health problems if they are not managed properly. Stressors are often a result of feeling overwhelmed or unable to cope with a situation. Stressors can be managed through a variety of techniques, including relaxation, exercise, and time management. It is important to recognize the signs of stress and take steps to manage it before it becomes a problem. Stressors are a complex phenomenon, and their effects can vary from person to person.

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ഈ ക്ലാസ്സിലെ വിദ്യാർത്ഥികൾക്ക് പഠനത്തിൽ ഉപയോഗിക്കേണ്ടിയിരിക്കുന്ന വിവിധ തരം പരീക്ഷണങ്ങൾക്കുവേണ്ടി തയ്യാറാക്കിയ ഒരു പട്ടികയാണ് ഇത്. ഇത് പഠനത്തിൽ ഉപയോഗിക്കേണ്ടിയിരിക്കുന്ന വിവിധ തരം പരീക്ഷണങ്ങൾക്കുവേണ്ടി തയ്യാറാക്കിയ ഒരു പട്ടികയാണ്.

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De-sensitization → വിവിധ ക്ലാസ്സിലെ വിദ്യാർത്ഥികൾക്ക് പഠനത്തിൽ ഉപയോഗിക്കേണ്ടിയിരിക്കുന്ന വിവിധ തരം പരീക്ഷണങ്ങൾക്കുവേണ്ടി തയ്യാറാക്കിയ ഒരു പട്ടികയാണ് ഇത്. ഇത് പഠനത്തിൽ ഉപയോഗിക്കേണ്ടിയിരിക്കുന്ന വിവിധ തരം പരീക്ഷണങ്ങൾക്കുവേണ്ടി തയ്യാറാക്കിയ ഒരു പട്ടികയാണ്.

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Relaxation → വിവിധ ക്ലാസ്സിലെ വിദ്യാർത്ഥികൾക്ക് പഠനത്തിൽ ഉപയോഗിക്കേണ്ടിയിരിക്കുന്ന വിവിധ തരം പരീക്ഷണങ്ങൾക്കുവേണ്ടി തയ്യാറാക്കിയ ഒരു പട്ടികയാണ് ഇത്. ഇത് പഠനത്തിൽ ഉപയോഗിക്കേണ്ടിയിരിക്കുന്ന വിവിധ തരം പരീക്ഷണങ്ങൾക്കുവേണ്ടി തയ്യാറാക്കിയ ഒരു പട്ടികയാണ്.

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- Stress is a response to a demand or challenge. It is a state of mind that occurs when we perceive that external demands exceed our ability to cope with them.

- Coping is the process of dealing with stress. It involves the use of various strategies to manage the demands of the environment.

- Coping processes are the mental and behavioral efforts used to manage specific external demands that are appraised as taxing or exceeding the resources of the person.

- Coping is a process, not a trait. It is a dynamic process that changes over time and across situations.

- Coping is a goal-directed process. It involves the use of resources to achieve a desired outcome.

- Coping is a learned process. It is not an innate ability, but a skill that can be developed and improved over time.

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ଶିକ୍ଷଣ-ପ୍ରଣାଳୀର ସମୀକ୍ଷା, ଏହା ଯେଉଁ ଶିକ୍ଷକଙ୍କ ଦ୍ୱାରା କରାଯାଏ, ତାହା

ଆବଶ୍ୟକ - ଗୋପନୀୟ ଥାଏ $(+) \leftarrow$ ଫଳ $\rightarrow (+)$

ଶିକ୍ଷକ
ପ୍ରଣାଳୀ
କ୍ଷେତ୍ର

ଆବଶ୍ୟକ ଫଳର ଆଧାରରେ ଶିକ୍ଷକଙ୍କର ଗୋପନୀୟତା ରଖିବାକୁ ଆବଶ୍ୟକ ହୁଏ। ଶିକ୍ଷକଙ୍କର ଗୋପନୀୟତା ରଖିବାକୁ ଆବଶ୍ୟକ ହୁଏ। ଶିକ୍ଷକଙ୍କର ଗୋପନୀୟତା ରଖିବାକୁ ଆବଶ୍ୟକ ହୁଏ।

ଆବଶ୍ୟକ - ଫଳର ସମୀକ୍ଷା $(+) \rightarrow$ ଫଳ $\leftarrow (-)$

ଆବଶ୍ୟକ - ଫଳର ସମୀକ୍ଷା ଗୋପନୀୟତା ରଖିବାକୁ ଆବଶ୍ୟକ ହୁଏ। ଶିକ୍ଷକଙ୍କର ଗୋପନୀୟତା ରଖିବାକୁ ଆବଶ୍ୟକ ହୁଏ। ଶିକ୍ଷକଙ୍କର ଗୋପନୀୟତା ରଖିବାକୁ ଆବଶ୍ୟକ ହୁଏ।

ଆବଶ୍ୟକ - ଫଳର ସମୀକ୍ଷା $(+) \rightleftharpoons (-)$

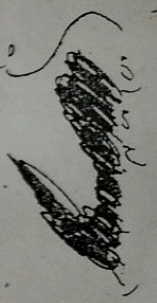
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ଆବଶ୍ୟକ - ଫଳର ସମୀକ୍ଷା $(+) \rightleftharpoons (+)$

ଆବଶ୍ୟକ - ଫଳର ସମୀକ୍ଷା ଗୋପନୀୟତା ରଖିବାକୁ ଆବଶ୍ୟକ ହୁଏ। ଶିକ୍ଷକଙ୍କର ଗୋପନୀୟତା ରଖିବାକୁ ଆବଶ୍ୟକ ହୁଏ। ଶିକ୍ଷକଙ୍କର ଗୋପନୀୟତା ରଖିବାକୁ ଆବଶ୍ୟକ ହୁଏ।

ଆବଶ୍ୟକ - ଫଳର ସମୀକ୍ଷା ଗୋପନୀୟତା ରଖିବାକୁ ଆବଶ୍ୟକ ହୁଏ। ଶିକ୍ଷକଙ୍କର ଗୋପନୀୟତା ରଖିବାକୁ ଆବଶ୍ୟକ ହୁଏ। ଶିକ୍ଷକଙ୍କର ଗୋପନୀୟତା ରଖିବାକୁ ଆବଶ୍ୟକ ହୁଏ।

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Handwritten text in the middle right section, continuing the narrative or list.

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Main body of handwritten text in the center, containing the primary content of the page.

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ସଂସ୍କୃତି ଓ ସମାଜର ପ୍ରଭାବକୁ ଯାଚି ସମସ୍ତଙ୍କର ସ୍ୱାଧୀନତାକୁ ଉତ୍ତମ ଭାବରେ ସମ୍ମାନ ଦେବା ଏବଂ ସମାଜର ଉନ୍ନତି ପାଇଁ ସମସ୍ତଙ୍କର ଯତ୍ନଶୀଳତାକୁ ପ୍ରୋତ୍ସାହିତ କରିବା ଉଚିତ ।
 ଯଦି କେହି କିଛି ଖରାପ କିମ୍ବା ଅସୁବିଧାକାରୀ କାର୍ଯ୍ୟ କରୁଥାଏ ତେବେ ସମାଜର ସଦସ୍ୟମାନେ ତାହାକୁ ଠିକ୍ କରିବା ପାଇଁ ଉପାୟ ଖୋଜିବା ଉଚିତ । ଏହା ସମାଜର ଉନ୍ନତି ପାଇଁ ଅତ୍ୟନ୍ତ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ।

XEROX

Ellis - ର Rational Emotive Therapy (RET) -> ଏହି Cognitive

Restructuring - ର ଉଦ୍ଦେଶ୍ୟ ହେଉଛି ଧାରଣାକୁ ପରିବର୍ତ୍ତନ କରିବା । ଏହା ଏକ ଆଧୁନିକ ଉପାଦାନ । ଏହା ଧାରଣାକୁ ପରିବର୍ତ୍ତନ କରିବା ପାଇଁ ଉଦ୍ଦେଶ୍ୟ ରଖେ । ଏହା ଏକ ଆଧୁନିକ ଉପାଦାନ । ଏହା ଧାରଣାକୁ ପରିବର୍ତ୍ତନ କରିବା ପାଇଁ ଉଦ୍ଦେଶ୍ୟ ରଖେ । ଏହା ଏକ ଆଧୁନିକ ଉପାଦାନ ।

Cognitive Restructuring ର ଉଦ୍ଦେଶ୍ୟ ହେଉଛି ଧାରଣାକୁ ପରିବର୍ତ୍ତନ କରିବା । ଏହା ଏକ ଆଧୁନିକ ଉପାଦାନ । ଏହା ଧାରଣାକୁ ପରିବର୍ତ୍ତନ କରିବା ପାଇଁ ଉଦ୍ଦେଶ୍ୟ ରଖେ । ଏହା ଏକ ଆଧୁନିକ ଉପାଦାନ ।

Thought top - ଏହା ଧାରଣାକୁ ପରିବର୍ତ୍ତନ

ଧାରଣାକୁ ପରିବର୍ତ୍ତନ କରିବା ପାଇଁ ଉଦ୍ଦେଶ୍ୟ ରଖିବା ଉଚିତ । ଏହା ଏକ ଆଧୁନିକ ଉପାଦାନ । ଏହା ଧାରଣାକୁ ପରିବର୍ତ୍ତନ କରିବା ପାଇଁ ଉଦ୍ଦେଶ୍ୟ ରଖେ । ଏହା ଏକ ଆଧୁନିକ ଉପାଦାନ ।