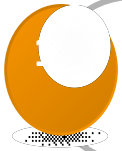


Contact Assignment Presentation

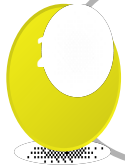
Aliya Abayeva, TCE 9 | 11



Outline



Introducing Interviewees



Reason of stress at workplace



Method of affecting the stress

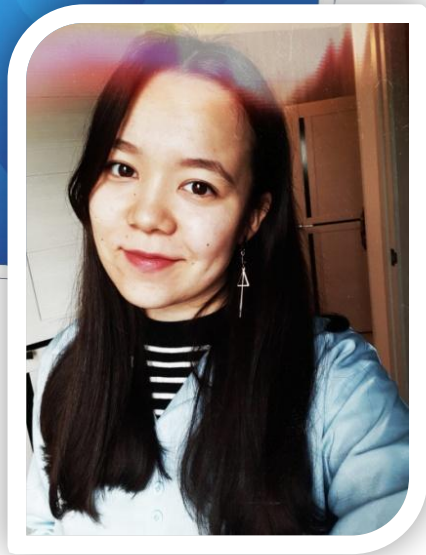


Method of cope with the stress

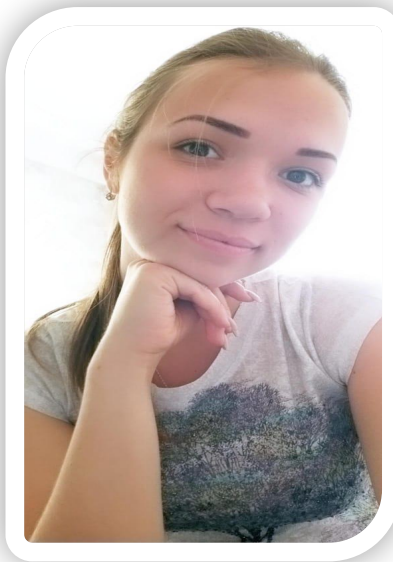


Method of eliminate the stress

CONCLUSION



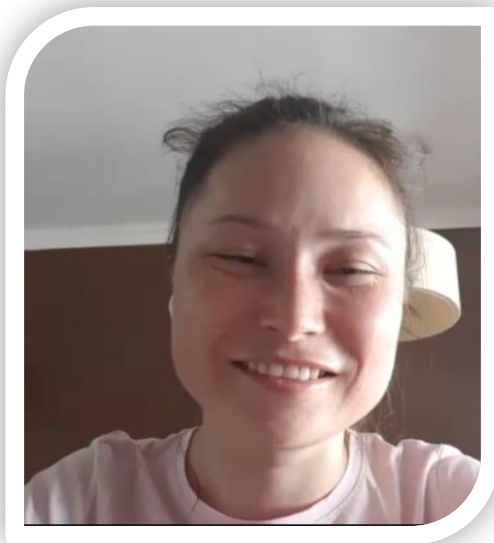
Elvira



Tatyana



Rustam



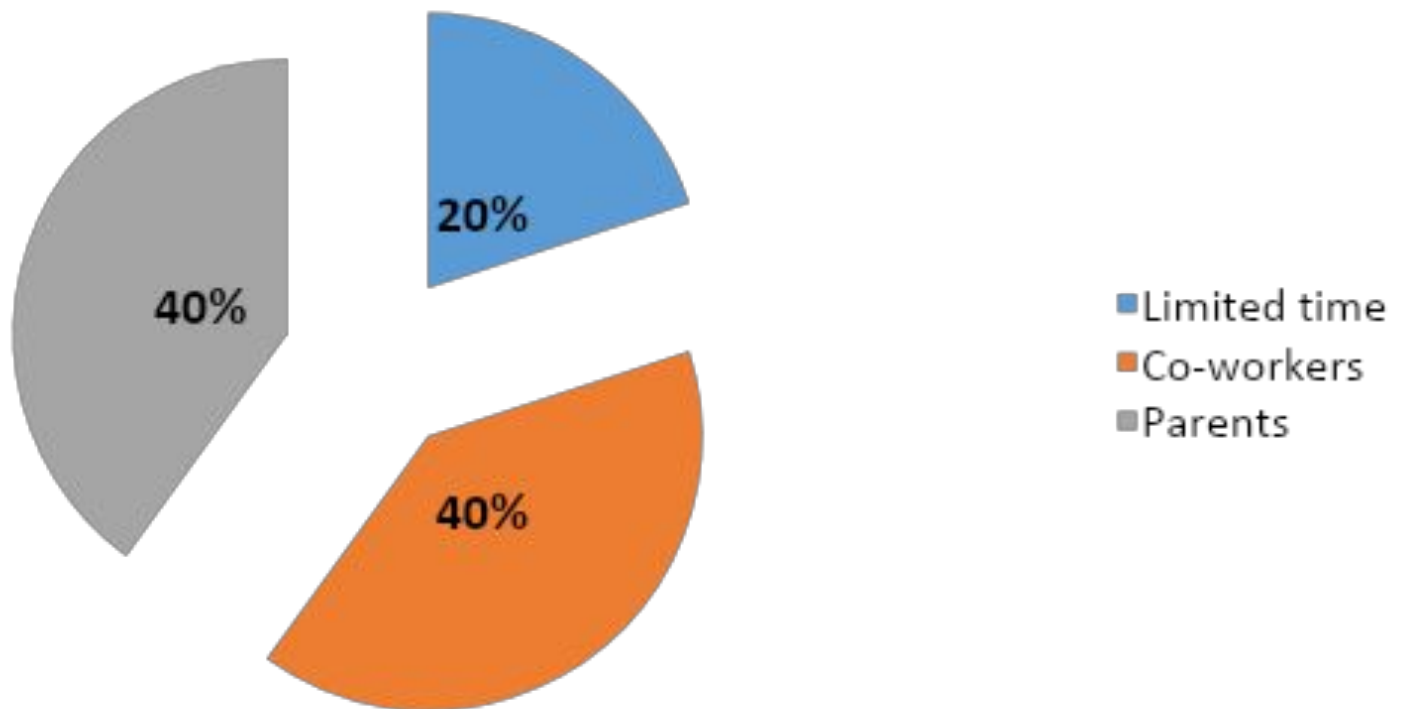
Meyramgul



Zami

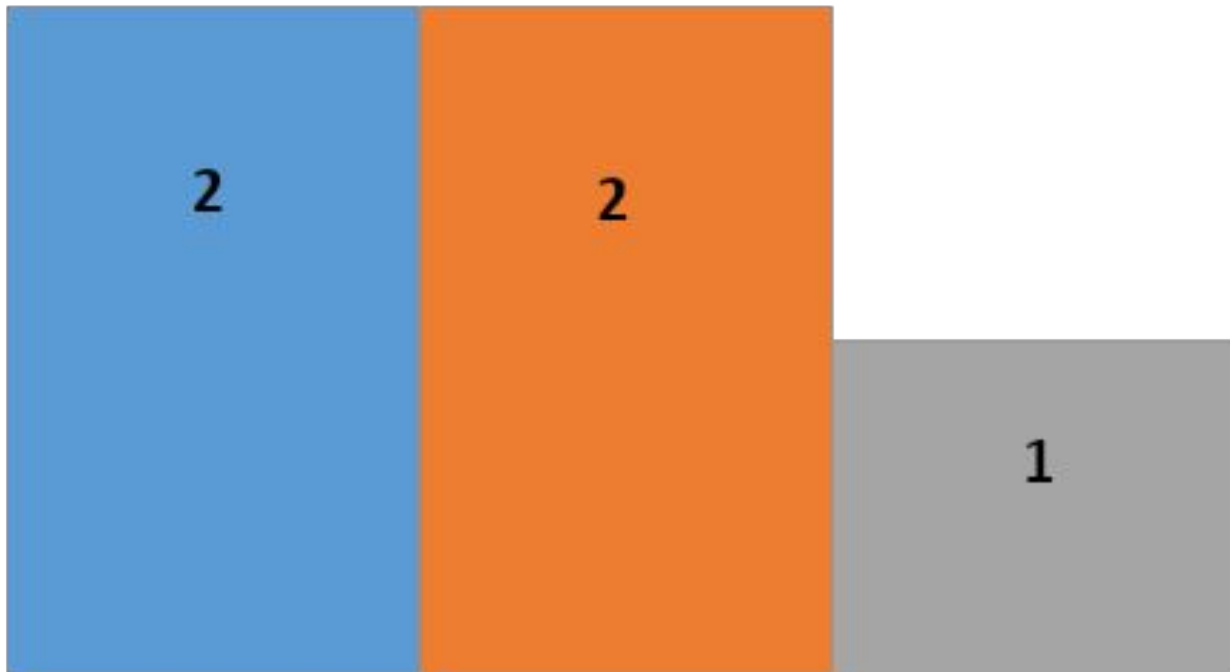


What causes stress for you at work?

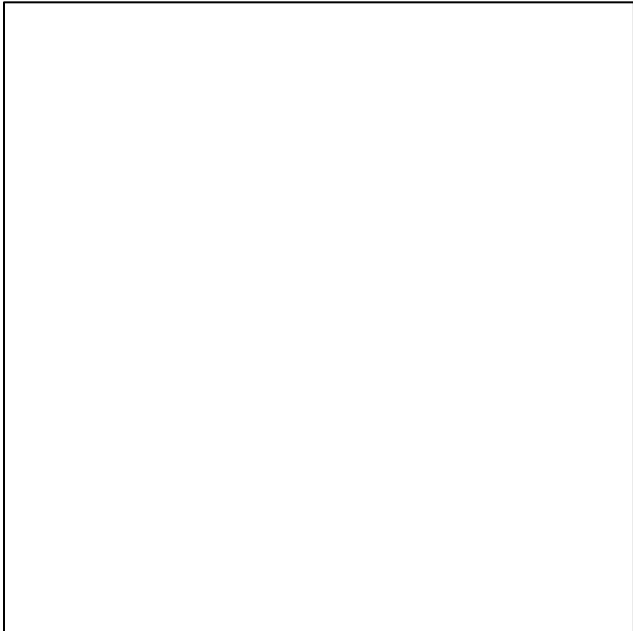


How does the stress affect you?

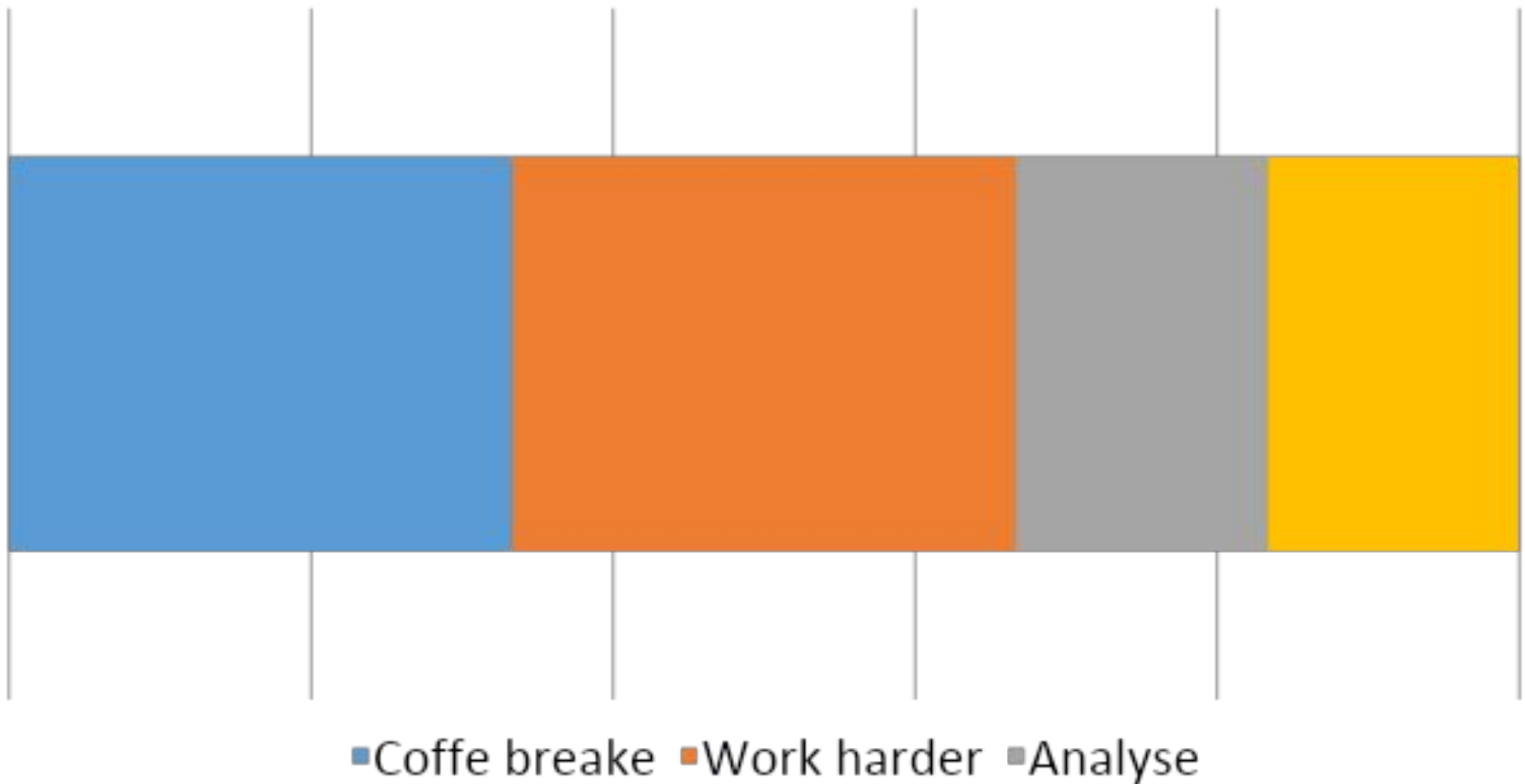
■ Physical syptoms ■ Being aggressive ■ My fault



What do you do to cope with the stress

A large, empty rectangular box with a thin black border, intended for a user to write their response to the question above.

What could you do to eliminate your stress?



**THANK YOU
FOR YOUR
ATTENTION**