

Lesson 3: Health & Fitness

Stress Management - Don't Let it Get to You!



Are you under stress right now?

Do you feel stress in your daily life? Although you may not notice it, stress is always there.

What is stress? Scientifically speaking, it is simply the body's response to any event. This may result in faster breathing, faster heart rate and increased blood pressure. Muscles can become tense.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

テキスト全文はレッスン受講時に担当講師よりお受け取りください。