**STRESS MANAGEMENT**What do you feel when you see the word “Stress”? Let me guess, you feel “fear”. Fear and stress are familiar words to each other. Stress occurs in human life is frequency because there are many challenge people need to face in daily. Also it is a part of student’s life, when students study at university; they take a big responsibility and difficulty of their lecturers, presentations. All of them are reasons for stress. But most students have difficulties when they present a presentation.  
  
There are some reasons why the stress occurs when they present a presentation. Firstly, students have a fear to speak in front of many people, and they worry about past performance during presentations, then how you will be compared with your friends or other students. Secondly; any negative consequences if you do not do as well as you would like. Thirdly; the reaction of others to your work. There are the fears we face when we present.  
  
There are also reasons why students stress while we present something. First; if they do not properly get ready presentation and hurriedly writing the presentation at last minute, then if they have never rehearse and practice the speech. All these will push them in stress. On the other hand, when they are under stress, their voice might tremble, they might sweat and their heartbeat accelerates and then they have butterflies on their stomach.   
  
There are some ways to deal with stress during a presentation as well. Firstly; they should take a deep breath. If students get nervous during presentation, they may start breathing faster, slowing down your breathing is better. They should never stop smiling, sending positive chemicals through your body. They also should drink water because adrenalin can cause a dry mouth. And they never think negatively that audience will not like me. It might decrease their motivation.  
  
In a nutshell, students never can get rid of stress, also not only students, human being are inclined to expose stress along the life time. But students can decrease their stress following some steps along presentation and they should keep in their mind that presenter are the one who command the presentation topic. Being aware of this can give them self-coincidence.   
  
  
 **CANAN YILDIRIM**