

Stress management

Nobody can deny the role of stress ~~in on~~ making decisions and choosing the way of life in the modern world. Actually, stress is a normal reaction to the remarkable events of life. Researches show the negative effects of stress on the body and brain. In fact, stress can activate the body alarm to return to ~~the~~ normal situation. Stress management is one of the keys to a happy and successful life in modern society.

As a matter of fact, stress is a part of life and people can not always avoid it. Stress produces a wide range of physical and mental symptoms. For example, low energy, headache, ~~pain~~ muscle pains in low rates of stress are common. Not only ~~lead do~~ high levels of stress lead to serious health problems like heart attack, insomnia, upset stomach, dry mouth and difficulty breathing, but it can also have direct effect on the skin. The best way to manage stress is to know the causes of stress, and then, to learn control anxiety and maintain overall well-being.

Furthermore, there are many practical stress management techniques, some for use of self-help which helps a person to reduce their level of stress and others recommended by health professionals. For instance, time management is one of the effective ways to reduce stress. It helps individuals decide which work is urgent and which can wait. Managing of time can make people's life easier and meaningful.

Also, people can relax, their mind by meditation and concentration e on present, they can focus on things which make them happy. Things like caring and playing with pets, talking with friends and family, going out, doing exercise and volunteer works are really useful to reduce stress. Getting enough sleep is another way to avoid stress. The Body can recover from the stresses of the day while a person is sleeping.

In conclusion, stress management is very too important, it gives a range of tools to control it and people can try to avoid situations that can cause stress. They should not wait until stress destroys their health, relationship and quality of life. Individuals should start practicing stress management techniques today and enjoy their life.