

People have different ways of escaping the stress of modern life. some read,... others work in their garden. What do you think are the best ways of reducing stress?

Stress is one of the main causes of physical and mental disorders according to researches that show 70% to 90% of diseases are caused by stress. Unfortunately, it affects all aspects of our lives. The list of diseases caused by stress is cancer, migraine and MS. My solutions to reducing stress levels are exercise, changing the atmosphere at work and change of our diet / eating habits.

I think the best way to control and reduce stress levels is doing exercise. People are aware of the benefits of sport that help in several ways and it can reduce progression of the disease (or it can control the progress of disease) especially for people that have mental disabilities. It causes the release of chemicals in brain that causes us to feel happy and composed.

You can control stress at work by getting up from your desk and doing some exercise or trying to talk with colleagues about other issues than your job and also using flowers, aquariums in the environment of your office lead to reducing stress.

Healthy food, or in other words, healthy eating is one of the most important and perhaps the most basic ways to get physical and mental health. You can chose some foods and drinks that contain vitamins and minerals such as borage which can help relaxation.