

Fighting Stress? Here Are 5 Tips That Can Help

Every body has heard of stress, but does any one know exactly what stress is? Stress can be hard on many people, but does anyone know what causes stress? Many people today are wondering what it is about stress that can turn our worlds upside down and how we can help to resolve these issues. Here we will answer these questions. First things first. A response that is both psychological and physiological due to an upset in the balance of our lives through certain events. The end result of these responses can lead to mental health or physical health issues within our bodies. Since before anyone can remember, stress has been a natural part of the human response to these certain events that may take place. Any event that has taken place that requires you to make certain adjustments to your lifestyle or environments can be a trigger for stress. Such events can be an emergency situation, death in the family, traumatic accident or may be the end result of a serious disease or illness that you have gone through. There are also many other situations which might also cause stress that are not medically related such as finances, anger, pressures in the work place, not getting the right training needed for something, greed, love, trying to achieve great expectations, jealousy, and hate. All of these events are great causes for stress related issues. If the events that may be causing stress in your life are not dealt with immediately, these issues can become even more difficult to contend with. Without immediate attention the stress that is caused can result in an extreme decrease in your health both physically and mentally. These stress issues have also at times left some people without homes or even turned them into finding addictions. Now, you are probably saying "what about the tips you mentioned to help with stress prevention"? Well , just calm down and do not get worked up! I am getting there. Yes, there are 5 steps that you can do to help fight the stress that may be in your life. They are as follows: Exercise - Aerobic exercise is a great way to release endorphins into your body. These endorphins are natural substances that allow our bodies to feel better and have a good positive attitude. Other types of exercises that are great stress relievers are swimming and walking. Relaxation techniques - there are several relaxation techniques that are very effective when dealing with stress. These techniques may be one or a combination of deep breathing, yoga, meditation, muscle relaxation and visualization. These techniques can help you get a feeling of well being, lower blood pressure and possibly enable you to get a restful nights sleep. Pay attention to your children - many times your children may be stresses out and as a result you end up being stressed as well. You want to monitor your child's behavior. See if they show any signs of becoming over burdened or bullying the other children. It is a good idea to be active in our child's life and attend those special sports events or school functions. If your child is showing these signs, you may want to consult with their school teacher and get the inside information on what may be going on. If the problem persists, you may want to seek out more professional consultation. Time for yourself - A hot relaxing bath may be just what the doctor ordered. A hot bath with herbs and oils with light that is dimmed while listening to some soft music is a great way to relieve stress. Other forms of activities that are all yours and stress free are swimming, reading a book or taking up a favorite hobby. St. Johns Wort - this formula is regarded very highly by many people. These people believe this natural formula to aid in the relief of anxiety and other symptoms of stress. This allows for your body to feel more relaxed and thus stress free. It is very important for us to keep our bodies healthy. One of the best ways to do this is done by keeping our bodies as stress free as possible. If you have stress and undergone all 5 of the above mentioned stress and have not seen any relief, you may want to consult with a physician in your local area. This physician will be better able to help your with whatever issues that you may be having in your body to help relieve the stress.

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