

Title:

A Healthy Approach To Stress

Word Count:

508

Summary:

Stress in everyday life; stress occurs everyday; anti stress prescriptions; different healthy s

Keywords:

Stress technique, relaxation

Article Body:

Different people get bothered for different reasons. A big sports game, an office presentation

Stress, as a normal human reaction, is the body's reaction to rising challenges.

A healthier approach to relieving stress is by practicing stress techniques that

Aside from exercise, another useful technique is to practice deep breathing, w

People should take a second look at these stress techniques. But for those who

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