

Title:

Alternative Ways To Fight Stress

Word Count:

674

Summary:

There are a lot of effective ways to fight stress. However, in recent years, some of these met

Keywords:

stress and anxiety, stress relief

Article Body:

Stress relief is something that everybody needs to get regularly, no matter how much they comp

There are, of course, ^conventional~ stress relief techniques. These are the ones that people

Well, chief among them is physical violence. Sometimes, the best way to let go of all your str

Another alternative comes from the advent of modern Internet technology and trends: blogging.

The final unconventional method of stress relief is derived from the German word schadenfreude

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