

Title:

Balance Your Life With Stress Relief Techniques

Word Count:

519

Summary:

Stress is a psychological and physiological response to any event that upsets our personal sense of well-being.

Keywords:

Stress Relief

Article Body:

Nothing is permanent in this world except change. And since any sort of change causes stress, you can feel the tension caused by stress in your shoulders and neck, as well as heart-pounding. Having a regular fitness regimen is a good stress relief practice. Enjoying a walk in the park. Meditation is an ancient practice that has gained worldwide acceptance even in modern times. Another ancient practice that reduces stress and tension is yoga. It can lower blood pressure. Most adults go for a full-body massage, not only for pleasure, but for its stress relief benefits.

Massage therapy can be effective for a variety of conditions, including arthritis, lower back pain, and depression. Other research found that "avoidance" coping, such as blaming oneself, is unhealthy and related to stress. So, if your hectic lifestyle seems to take its toll in your physical, emotional and psychological health, consider a massage.

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