

Title:

Be Emotionally Healthy And Live A Colorful Life!

Word Count:

521

Summary:

Promoting emotional health is necessary to achieve optimum health. It requires a multi-dimensi

Keywords:

stress, meditation, depression, counseling, emotional stability, post- traumatic stress disor

Article Body:

Life without emotions is like an empty canvass. Our life should have some color once in a whil

All humans have basic emotional needs. These needs can be expressed as feelings, like

Unlike physical health, many people including physicians have somehow neglected the im

Stress leads to the release of certain chemicals to prepare us for action. When this i

Emotional stress is often triggered by a dramatic event that puts a person's nervous s

Therefore, maitaining emotional health is necessary to achieve optimum health. It requ

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>