

Title:

5 Quick Stress Busters.

Word Count:

614

Summary:

Stress is fast becoming the biggest health problem in modern societies. Financial pressures, w

1. Make time to switch off from the daily trials and tribulations and relax for at least one h

Keywords:

stress, depression, anxiety, mental health, health, health and fitness, wellness, self help

Article Body:

Stress is fast becoming the biggest health problem in modern societies. Financial pressures, w

1. Make time to switch off from the daily trials and tribulations and relax for at least one h

2. If you're dealing with a stressful situation and you have a lot on your plate then it can b

3. One of the reasons people become stressed is because they are facing a change or even a num

4. There always seems to be an endless list of jobs that need doing: repairs around the home,

5. Treat yourself to a pamper day. This is a day where you escape from the hustle and bustle o

The 5 Tips here will help you to significantly reduce your stress levels but they'll only work

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