

Title:

How To Stop Change Stressing You Out

Word Count:

620

Summary:

One of the biggest triggers for an episode of stress, depression or anxiety is a change to our

During the past week, two friends of mine have experienced differing major changes to their li

Keywords:

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Article Body:

One of the biggest triggers for an episode of stress, depression or anxiety is a change to our

During the past week, two friends of mine have experienced differing major changes to their li

Jimmy was my best buddy during childhood and our families were good friends. I haven't seen hi

I wished that our greeting could've been in happier circumstances, but such is the tide of lif

The following day, Paul, my best friend, rang me and told me some very good news. After studyi

OK, both of them supplied the same meaning to their circumstances by saying EXACTLY the same p

^Things will never be the same again.~

Same phrase, but a world apart in meaning.

In the first situation, the loss of a loved one is an unwanted change, a change that cannot be

However, there is a very important lesson you can learn from both that can help you deal with

Look at the phrase again. It describes not just individual experiences but the whole of life o

As a species, humanity has evolved throughout its history and will continue to do so. The way

Look at your own life and you'll see that change has been ever present. People, jobs, relation

Reacting to change in a catastrophic or euphoric manner isn't the way to deal with it. Far bet

Keep this in mind when change occurs and you won't become emotionally traumatized. Change is a

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