

Title:

When you are in your thirties and still single

Word Count:

771

Summary:

when being single is causing stress and anxiety

Keywords:

stress and anxiety, stress relief

Article Body:

Desiree, 34, a freelance interior decorator and a Martha Stewart fanatic, goes on a trip every

It doesn't help to see your own father in the corner looking at you, as if he was asking: ^What

Single and unattached...biological clock ticking. This is the dilemma faced by Desiree and th

After the holidays, she always ends up with the conclusion that there is no room for a single

Yes, there are many Desirees out there waiting for their ^someone~ to come along. But are the

Career women, once they realize they are not getting any younger, immediately panic and think

But its not just the single women who feel this way. Even single parents like Terry, a thirty

But there is always hope for the single and separated.

There is no need to sulk because you are in a ^single~ situation. At this time in your life,

1 Love yourself ~ Take care of your well being. Pamper yourself. It needs not to be expe

1 Shopping Therapy- Women finds it therapeutic when shopping. It sounds superficial but

1 Stop, Look, Listen ~ Don't think you have to join the ^race~ to find the perfect man.

1 Be with other single women- Just think how ^Sex in the City~ becomes a hit t.v series.

1 Don't get in touch with your ex- resist the urge even if you get pressured from family

1 Acceptance ~ Being bitter and resentful only adds to your stress and anxiety. Being an

Get a grip...being single shouldn't be ^the end of the world.~

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