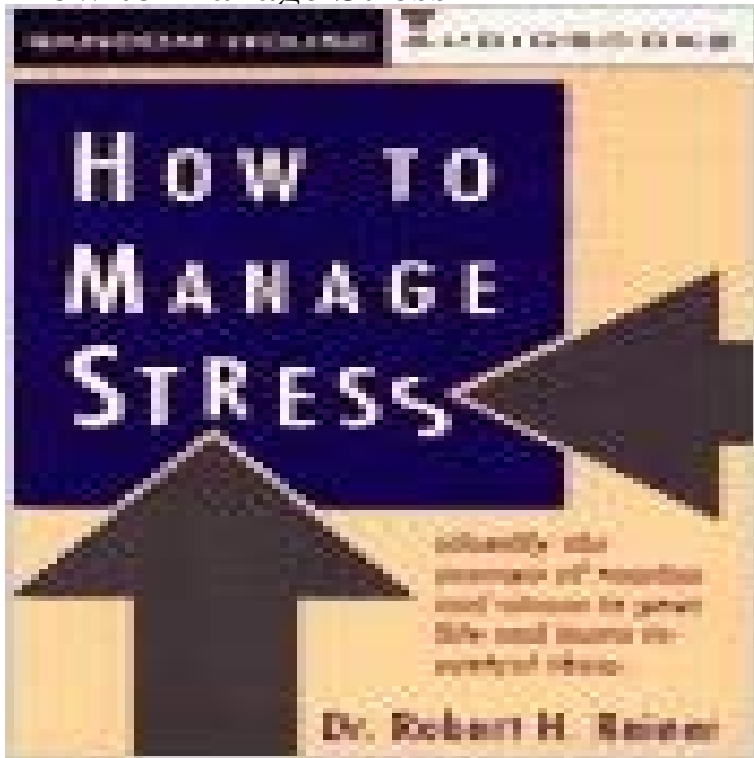


How to Manage Stress



1 cassette / 40 minutes
Read by the Author and a supporting cast.
Stressed-out? Tense? How to Manage Stress will teach you how to control anxiety and learn to relax. Stress is an inevitable part of daily life. Learning to properly manage it can lead to decreased tension and increased performance--on the job, at home, in all areas of your life. In How to Manage Stress, Dr. Robert Reiner will teach you how to identify sources of stress and help you:
* Relieve anxiety*
* Sleep better*
* Ease headaches and muscle tension

In fact, the simple realization that you're in control of your life is the foundation of managing stress. Stress management is all about taking charge: of your lifestyle. Follow our 10 simple tips to help manage and reduce your stress levels. Avoid Caffeine, Alcohol, and Nicotine. Indulge in Physical Activity. Get More Sleep. Try Relaxation Techniques. Talk to Someone. Keep a Stress Diary. Take Control. Manage Your Time. Allina Health Mental Health advises on how to manage stress and provides stress management tips. Here, we would like to start, by giving you an introduction to what stress is, what the signs of stress are, what simple steps you can take when feeling stressed. How to Deal With Stress. Life can be stressful sometimes you'll have to deal with ongoing stress positively. Stress can have a variety of causes such as family. When you're feeling anxious or stressed, the strategies listed below can help you cope. We also invite you to check out our How to Deal with Stress and Anxiety. While stress causes some people to crumble, mentally strong people continue to thrive in the midst of added tension. Five healthy techniques that psychological research has shown to help reduce stress in the short- and long-term. Learn ways to reduce your academic stress and help manage your mental health symptoms by improving self-care skills such as time and stress management. Stress takes a toll on physical and emotional health. Managing stress is a matter of avoiding stress triggers and practicing techniques to reduce. In 2012, 65 percent of Americans cited work as a top source of stress, according to the American Psychological Association. Yet you can take steps to manage work-related stress. While the subtleties may vary in stress management sources, there are a number of constants. The following are some tips for managing stress in your life. One way to handle stress is to write things down. While writing down what you're stressed about is one approach, another is writing down what you're grateful for. Learn tips for managing stress in your life. People can learn to manage stress and lead happier, healthier lives. Here are some tips to help you. Stress is inevitable. It walks in and out of our lives on a regular basis. And it can easily walk all over us unless we take action. Fortunately, there are things you can do to manage your stress. Exercise won't make your stress disappear, but it will reduce some of the emotional intensity that you're feeling, clearing your thoughts and letting you to deal with it. - 2 min - Uploaded by BBCSUBSCRIBE for more BBC highlights: https://www.bbc.co.uk/1/health/2012/02/120215_stress_management_tips.shtml
In Brainsmart website: http://www.bbc.co.uk/1/health/2012/02/120215_stress_management_tips.shtml