

# Reducing pressure and stress

[Health & Medicine](#), [Mental Health](#)



Have you ever had a headache that you are not able to get rid of. Stress can cause tightness in the shoulders and head region. When the pressure increases, it makes you feel like you want to explode. These things can cause you a lot of pain if you let it get that far. Therefore, you need to find something that you can do to help you to control your stress so that you don't get all this pain from these things. Here are some things you can try to help you to relax.

What can I do to help me to relax?

When it comes to relaxing you, have to try many things to see what will work for you. Not every thing is going to work the same on every one. Therefore, if you are not able to find a way keep on trying something will work for you. Some things you might want to try might be to go for a walk on the beach.

When going for a walk on the beach it could be very relaxing if you want it to be. Water is always a good way to get some relaxation. Just picture it in your head walking alone the beach, no one around just you and the big blue sky. Then you decide to sit down so that you can feel the water hitting the bottoms of your feet. Now layback and look up to the sky just listen you hear nothing but the sounds of the water and the birds in the air this is so peaceful what a wonderful way to relax.

If that don't work why not try a nice hot bath, with some bubbles and some floating candles. This is another good way of relaxing your hurting body cause by having to much stress. All you need to do is to go and draw you some warm water, put some bubbles in your water. You have to put enough to make bubbles in your water. Then get in lighting your floating candles

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hopefully you got the candles that smell they are always nice to have. Then don't forget to put on some nice soft music to enhance the mood some. You will want to stay in there as long as you want to help you to relax,

Going for a nice long walk will help you to be able to clear your head. By walking, you are using the energy that you are using to worry about things and turning it into energy to walk with. Having your mind feel of stress, you will be able to have energy to do what you have to do in order to think clearly to be able to do what has to be done.

Does this always work?

Does this always work no. there are many different things that you can do to try to relax these was just a few that you might want to try. You will have to learn some things on your own. No one can tell you what to do to relax it all depends on you and your body.

Why isn't stress good for you?

Stress is never a good thing for you to have on your body. It will slowly take in the control and make you have illness that you don't want to have. Stress can cause you to have things like high blood pressure, out of control cholesterol, it may cause you to have a stroke or even a heart attack, as well as make you go into a depression. Therefore, you need to try to help your self to learn to get some relief of the on going stress in your life.