

# Stress and how to reduce it

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



Nowadays, more and more people are concerned about dealing with stress effectively. Stress is defined as a state of mental tension and worry caused by problems in your life or work. Stress is also a normal physical response to events that make you feel threatened or upset your balance in some way. Stress can come from any situation or thought that makes you feel frustrated, angry, nervous, or anxious. What makes people stress? There are many common causes of stress, such as major life changes, job loss, relationship difficulties, financial problems, ... c. In my opinion, stress is caused by the following reasons. Firstly, as we know that modern life is full of deadlines, and demands so you usually try to obtain everything. For example, in order to reach a higher position in a career or to earn more and more money, you pay more hours in a day and more days in a week for work. The above demands and targets make you feel pressured. Secondly, life of modern people, especially life of those who live in big cities is built by a large number of plans and schedules.

It is very well if everything happens smoothly. But in fact, your arranged plans or schedules do not happen as what you expect. Therefore, you may immediately fall into the status of stress. There are many ways to reduce stress. It depends on the manner that you choose. Firstly, let's start a new day in full of energy by a meditation exercise. Research suggests that daily meditation may alter the brain's neural pathways, making you more resilient to stress. A few minutes of practice per day can help ease anxiety. Secondly, let breathe deeply.

Give yourself 5 - minute break from whatever is bothering you and focus instead on your breathing . Thirdly, pause thinking about work in a few

minutes, sit down and have breakfast with your tinyfamilyor your colleagues. Talking some funny stories to others is the great way to reduce stress. Finally, let you be in present. You rush through dinner, hurry to your next appointment, race to finish one more thing on your agenda. Now try something different: Slow down. Take 5 minutes and focus on only one behavior with awareness.

Notice how the air feels on your face when you're walking and how your fit feels hitting the ground. Enjoy the texture and taste of each bite offoodas you slowly chew. When you spend time in the moment and focus on your senses, step by step, you can feel the tension leave your body. Totally speaking, stress is not good for our life. the method of reducing stress is various. You should choose the ways which is suitable with you and make you feel leisured. Stress and how to reduce it.