

Stress

What is stress?

- Stress is like the feeling of emotional and sometimes physical tension on your chest, which you need to take out in order to stay calm and happy
- It can come from any event that makes you feel angry, overwhelmed, frustrated, nervous, mixture of all this.
- This can cause confusion and you will get no attention on your work
- It is a feeling / stage of life that everyone goes to

Symptoms

- Changes in mood
- Sweaty palms
- Too many jumbled up things
- No organisation
- Headaches
- Dizziness
- Grinding teeth
- No sleep
- Anxiousness

How to get out of stress--

- Seeing a therapist
- Don't clamp your work up
- Take deep breaths
- Exercise
- Meditate
- Get enough sleep
- Put a time to each of your work
- Laugh a lot
- Spend time with friends and family
- Take breaks
- Wake up early
- Gulp plenty of water
- Fidget Toys

Note

To get a chance to be in an episode, mail the contact listed below.

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