

Stress Can Be Easily Managed

(KAIR)--Stress, in some form or another is a part of life for many people, but it does not have to completely take over your life.

Cindy Whitmer, who is the Director of the All Faiths Counseling Center in Atchison says stress is a natural part of everyday life, and can manifest in a variety of different ways. She says that while it can be different for each person, stress is a response to whatever is going on around you. It can be a physical response like sweaty palms, or it can be an emotional response like frustration.

Whitmer says there are a lot of different things you can do to manage any stress you have going on in your life. Some of the best things you can do is to eat healthy, well balanced meals at least three times a day, get at least eight hours of sleep a night, see your doctor regularly, basically maintain a good work, life balance. Find work that is meaningful to you, but also find time for recreation.

She adds that if it goes unchecked for too long, stress can have some very negative consequences both physically and mentally. The more you let stress take over your life, the more it will impair you in your work, in your thoughts, and in your feelings. It can completely take over and ruin both your life and your happiness.

Whitmer says that people are meant to be happy, joy filled, and enjoying life; and no matter what the circumstance, we can choose to be happy and push through any stress we may have.

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