10 Ways To Stress Less

01. DANCE IT OUT
02. GO FOR A WALK
03. TALK ABOUT IT
04. BREATHE
05. GO TO BED EARLIER
06. FOCUS ON WHAT YOU CAN CONTROL
07. REMINisce ABOUT GOOD TIMES
08. ASK FOR A HUG
09. LOOK FOR OPPORTUNITIES IN LIFE’S CHALLENGES
10. SMILE
"Stress less - 01. Dance it out 02. Go for a walk 03. Talk about it 04. Breathe 05. Go to bed earlier 06. Focus on what you can control 07. Reminisce about good times 08. Ask for a hug 09. Look for opportunities in life's challenges 10. Smile."

Did you know that stress is the leading cause to more than half of the illnesses many of us are plagued with around the world that are life threatening? There are many causes to stressors in our every day lives, and one of the most common places that we stress in is our own work place.

Especially in times such as these, when many are unsure of their next move, and have to be extra careful about every decision made so that they will continue in good standing with their jobs, the pressures at work seem very substantial.

So, make it a point to have some points of relaxation throughout the daily grind. If your office allows you to do so, take naps from 20 to 30 minutes at a time, or take a break for a few minutes out of every hour to refresh your brain, and to optimize your brain to better handle stress and pressure.

Source: [here](http://tiest.staff.ipb.ac.id/2015/02/28/10-ways-stress-less/)
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