



#MixItUp

● B L O G ●

FRIDAY, JANUARY 15, 2016
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Let's talk about S.T.R.E.S.S

We generally use the word "stress" when we feel that everything seems to have become too much - we are overloaded and wonder whether we really can cope with the pressures placed upon us. Stress is normal for everyone to experience in their everyday lives. Some people cope with stress in negative ways but there are many positive things you can do to relieve stress from your life.

One thing you can do to relieve stress is to talk with your friends and family, sometimes you just need to let it out and talk it out with another individual for guidance or help. Another way to relieve stress is to exercise; it has proven to improve a person mental and physical state. Another way to help improve stress is just to implement effective breathing techniques to relax your body and your heart.

If you need additional help we have representatives that are trained phycologists that are always free to talk, just call 214-MixMentor to talk to a representative. We also have this really cute video of puppies you can watch at any time to make you feel better about life. <https://www.youtube.com/watch?v=ZqZ9f89Xgcg> If you have any tips to share about ways you deal with stress leave them in the comment box so others can see what works for them! Can't wait to see you back next week to see what we have in store.

COMMENTS