Solutions

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1. ## Consultant, coach or therapist

   If negative thoughts overwhelm your ability to make positive changes, it is time to seek professional help. Make an appointment today-your health and life are worth it.

2. ## Vacation

   Getting rid of all this can reset your stress tolerance by increasing your mental and emotional outlook, which will make you a happier and more efficient person when you come back. Leave your phone and laptop at home!

3. ## Get enough sleep

   If you sleep for less than seven to eight hours, your body will not be able to withstand the stress. If stress keeps you awake at night, find out why and add extra meditation to your day.

4. ## Eat well and limit alcohol and stimulants

   Alcohol, nicotine, and caffeine may temporarily relieve stress, but they can have a negative impact on health and make stress worse in the long run. A well-nourished body can cope better, so start with

breakfast, eat more organic fruits and vegetables, avoid processed foods and sugars, and drink plenty of water.

5. Exercise regularly

Regular physical activity can balance the nervous system and increase blood circulation, helping to discharge stress hormones. Even a 20-minute walk a day will make a difference.