

## STRESS

Stress isn't necessarily a bad thing. It can be healthy when it helps you avoid an accident, **meet a tight deadline**, or keep your wits about you amid chaos.

Severe, frequent, or prolonged stress can be **mentally and physically harmful**. Here are some simple ways to **relieve stress and anxiety**.

1. **Exercise:** Regular exercise can help **lower stress and anxiety** by releasing endorphins and improving your sleep and self-image.
2. **Write it down:** **Keeping a journal** can help **relieve stress and anxiety**, especially if you focus on the positive.
3. **Spend time with friends and family:** Having strong **social ties** may help you **get through stressful times** and **lower your risk of** anxiety.
4. **Learn to say no:** Try not to take on more than you can handle. Saying no is one way to control your **stressors**.
5. **Learn to avoid procrastination:** Prioritize what needs to get done and **make time for** it. Staying on top of your to-do list can help ward off procrastination-related stress.
6. **Listen to soothing music:** **Slow-paced instrumental music** can induce the relaxation response by helping lower **blood pressure** and heart rate as well as stress hormones.

- **to meet a deadline** = *to finish work on time, by the agreed date*: hoàn thành một công việc nào đó đúng hạn
- **to be mentally and physically harmful**: có hại cho thể chất và tinh thần
- **to relieve stress and anxiety**: giải tỏa căng thẳng và lo lắng
- **to keep a journal**: viết nhật ký
- **social ties** = *connections among people that are used for sharing information, knowledge, feelings, and experiences*: các mối quan hệ xã hội
- **to lower your risk of** ...: làm giảm rủi ro/nguy cơ bị gì
- **stressor (n)** = *something that causes stress*: tác nhân gây căng thẳng
- **procrastination /prəˈkræstɪˈneɪʃn/ (n)** = *the act of delaying something that you should do*: sự trì hoãn, chần chừ
- **to make time for something** = *to make certain you have some time when you are not busy in order to do something you think you should do*: dành thời gian cho ...
- **blood pressure** = *the pressure of blood pushing against the walls of your arteries*: huyết áp

Source: <https://www.healthline.com/nutrition/16-ways-relieve-stress-anxiety>

### SYNONYMS

- to lower stress and anxiety ≈ to relieve stress and anxiety ≈ to get through stressful times
- soothing music ≈ slow-paced instrumental music