# Two Tips to Manage Stress

In the modern life, stress is a very common issuer for everyone. It is one of the most common causes of health problems. For myself, I often fell stress about working and family. I know some tips to manage it, like deep breathing, and connect with friends.

When some bad things happened in my life, I will use deep breathing to help myself calm down. I will stop breathing for 3 seconds and my brain will shut down and don’t think about anything. I will feel better after I do it more than 5 times. I think it is a very good method, but I also need do some other in some times. I need to tell my friends about my stress and warries. It is very useful, if one sit there, listen to me, and doesn’t need said something. It is very important to my will-being. Enjoying a shared activity allows humans to find support and foster relationships that can be supportive in difficult times.

These are my tips to manage stress. I hope these will help you and can overcome stress.