

Every Body Is Subject to Stress

According to the National Institutes of Health, there is no single definition for the word stress. The most common description is physical, mental or emotional strain or tension. However, with April being National Stress Awareness Month, it's a good time to take a deeper look at the causes of stress and how to manage it.

Four ways to manage and reduce stress in your day-to-day activities



1. Deep Breathing

2. Maintain Physical Exercise and Good Nutrition



3. Manage Social Media Time

4. Connect with Others



Stress is something that everyone experiences to varying degrees — it's a natural human reaction that manifests when we face pressure from changes and challenges.

Essentially, the part of our nervous system responsible for fight, flight or freeze reactions gets fired up in the presence of stressors.