



Stress has ① a source, and ② an effect. For example, if a poor personal relationship causes stress, one can ① address the source (the relationship problem itself), ② manage the effects of the stress, or ③ both.

In some circumstances, the cause of stress cannot be controlled (e.g. the death of a loved one) so stress management is the only alternative. These techniques include imagery, meditation, music, physical relaxation, and yoga.

Physical exercise is an outstanding stress-reduction technique. It not only reduces stress, but also relaxes muscles, improves sleep, improves blood flow, flushes out toxins, and releases endorphins, chemicals that bring feelings of happiness and a sense of well-being. Always talk to your doctor prior to starting an exercise program. ©2019 Core IQ. All rights reserved.