

Download Know Your Stress Manage Your Stress

Learn the different symptoms and causes of stress. ... Studying is stressful. Whether you're attending a high-tension medical program or pursuing an online course, devoting your time and energy to learning is a complex process. Stress Management Tips. People can learn to manage stress and lead happier, healthier lives. Here are some tips to help you keep stress at bay. Keep a positive attitude. Of all the 9 steps, stress management is probably the most important. Why? Because no matter what diet you follow, how much you exercise and what supplements you take, if you're not managing your stress you will still be at risk for modern degenerative conditions like heart disease, diabetes, hypothyroidism and autoimmunity. Tip 2: Practice the 4 A's of stress management. While stress is an automatic response from your nervous system, some stressors arise at predictable times: your commute to work, a meeting with your boss, or family gatherings, for example.