Throughout life there are times when things can get out of control. When new responsibilities start taking over, it is hard to figure out how to go about tackling them head on. This in turn leads to the development of stress which, when not taken seriously, can have detrimental effects on a person. Stress is the reaction of the body to change that results in intellectual, physical, and emotional responses. When faced with stress, it is difficult to take time to simply breathe and digest the realities of what is going on before heading back in full force. However, this is crucial to staying healthy both mentally and physically. By understanding and using certain stress coping mechanisms, one can master the art of getting responsibilities done in the most efficient ways, while also keeping their mental health in top shape.

**Emotional Signs of Stress**
- Depression or Anxiety
- Anger, Irritability, Restlessness
- Feeling overwhelmed, unmotivated, or unfocused
- Trouble sleeping or sleeping too much
- Racing thoughts or constant worry
- Problems with memory or concentration
- Making bad decisions

**Stress Coping Mechanisms**
- Re-balance work and home
- Build in regular exercise
- Eat well and limit alcohol and stimulants
- Connect with supportive people
- Carve out hobby time
- Practice meditation, stress reduction or yoga
- Sleep well
- Bond with your pet
- Practice breathing exercises

“Life should be touched not strangled. You’ve got to relax and let it happen at times and at others move forward with it.”

- Ray Bradbury

References: