

Any one who really wants to get out of stree for ever has to strictly apply these daily notes :

- 1- Get regular exercise. Physical activity can clear your mind and keep stress under control. Some people like to run or walk by themselves, while others prefer team sports or group workouts.
- 2- Learn to relax. Relaxation is often difficult for people suffering from the effects of stress, but it is necessary. A technique called a progressive relaxation can be helpful.
- 3- Get sufficient sleep each night. This may be difficult, because stress can keep you up at night
« unless you are one of those people who welcome sleep as as escape ».

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