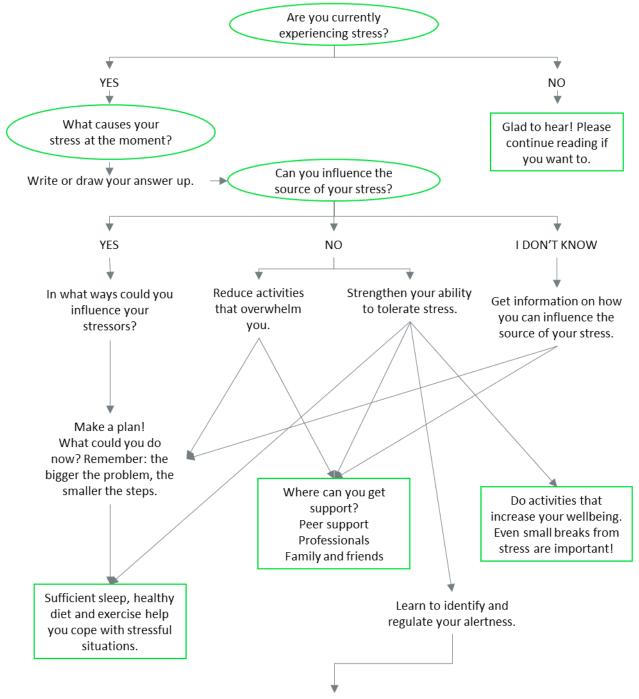
Stress

Everyone experiences stress. Stress has evolved for people to cope with being overdriven, to access more resources when burdened. Excess or ongoing stress can cause multiple issues and affect the quality of life. Stress can develop from different reasons such as sudden lifestyle changes, passed experiences and sometimes things beyond our control. Everyone reacts to stress differently.



A stressed person is often constantly in an overdriven mode. For example, this can occur as anxiousness or even physical reactions such as increased heart rate or rapid breathing. A person can also isolate themselves from society and feel overwhelmed by social situations.

When you recognize any of these symptoms, try steadying your breathing by inhaling and exhaling a few times. Anxiousness decreases as the breathing calms down. You can also try meditation or relaxation techniques: https://www.youtube.com/@TurunKriisikeskus1/playlists