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The process of underlying stressful life is extremely complex. To be aware how the mutual relations and the environment are interacting with the stressed life or how are they affecting a normal life of a person is to be laid emphasis today. The study suggests that the effects of stressful life events on the risk of depression are the essential points to be aware of. Genetic dissection of diseases such as cancer, asthma and heart disease is galloping ahead whereas development in other diseases like stress and depression is comparatively much slower. To be truth, evaluating the social, physical, mental and emotional impacts of the disease, in 1990 depression stood at the number 4th to be considered as the leading cause of global burden of illness and was predicted to be the number one in 2020.

So today stress has become the serious concern to be aware of as there is the rapid growth of the depressed and stressed patients we need to cast the close attention on this condition. Consequently, continue stress can lead you to be overloaded by the numbers of mental and physical diseases. Therefore before the cruel and evil shadow of stress come and clutch us we should tend to overlook the essential and most prominent remedies for it so that we may stay away from it. There are the following ways to have a stress free and fun life.

Of course, our healthy body for the stressed free life is as much concerned as an unhealthy for the death. So to have a depressed free life it is equally necessary to maintain our health. Eat timely do exercise regularly to keep you feel good and happy. You should be the one sided watcher that is donâ€™t look at your life on the negative point of view but be positive. Avoid your negative result and only stick to the positive one. Try to lessen your shoulder responsibilities by laboriously accomplishing them. Donâ€™t put off any work for tomorrow otherwise very soon you will be under the pile of heavy works. Also set specific time for your sleep. Getting sleep enough will bring a disastrous moment for you. Manage to have sound sleep for 6 to 8 hours daily. Fix time to retire to bed and wake up. Sometimes your being round the clock busy becomes the cause of your stressful life so spend sometimes for entertainment like watch movie, go for a trip, enjoy with your friends etc.

There are some other techniques to reduce your stressful life â€” according to the doctors; meditation keeps the person refreshed and healthy. It shortens your problems. It makes you more active and alert. It helps reduce your anxiety, tension, pain, frustration and tiresome. Like meditation exercise has also the significant role in lowering your stress. Regular exercise reduces the production stress hormones from the body such as cortisol, and neurotransmitters that are secreted during the stress response.

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