Stress Management

Stress is becoming a key word in our day-to-day life. A certain amount of stress is necessary and even a beneficial element for our lives.To simplify it we can say Stress has two faces:

1.Positive stress
2.Negative stress

Among the above with positive stress can do wonders in life only if it dealt properly and rationally.

For example- while crossing the road if you see a vehicle roaring towards you you surely know that is not the moment to be cool! Calm !! and relaxed!!!

That is the moment to run away as early as you can.

Reversely, an example of negative stress can be -you fight with your friend or spouse which will result in suffering from headaches.