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that dealing and managing stress is something we have to work at on a daily basis. . Cortisol is secreted about 10 minutes after the alarm stage in order to help. 37 Ways to Make Managing Stress Much Easier coauthor of The Power of 5, a book of five-second and five-minute health tips. The next time you feel as if your life is one disaster after another, repeat 10 times, I feel calm. The best-written book on stress control is no help to you if you can't find time to read it. If you have only a guide. Whether you have one minute or half an hour, you'll find ways to ease your day. 1Take the sting out of 10 common stressors. Between sensory-based stress relief and good listeners, you'll have your bases covered. . Prevent losing your cool during a spousal spat by squeezing the tips of your thumb and If clutter is upsetting, spend 10 minutes each day to tidy. Here are 10 such strategies to try when you have 5 minutes or less. these and other stories continue to push me to create stress-relief strategies that can . For lots of strategies and tips to prevent burnout and find more engagement at home .

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