

8 SMART TIPS FOR SUCCESSFULLY MANAGING STRESS

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<https://www.youtube.com/watch?v=74TGFnSCPeg&t=254s>

1. Walk everyday at least for 30 minutes

You may be anyone. A student, a home-maker, a professional at work. It doesn't matter. Your walking for 30 minutes everyday will change your body to such an extent that you will vibrate with new energy everyday. Do it today, your tomorrow will be meaningful.

- Discipline your time spent on needless social media activity.

Listen carefully, I am telling you to stop needless social media activity. Engage in social media activities which help you grow, connect with people, enable you to network and discover new possibilities. You don't have to waste your time listening to politically poisonous speeches and statements, you don't need religious or spiritual representatives to tell you who you are. The power lies in you. You are a living embodiment of power.

- Connect with people personally

We live in a digital age. We are better off today to be e-connected than emotionally connected. It is time to restore what we have lost as human beings. Meet people, talk to them in person unless unavoidable and connect more effectively.

- Watch documentaries and true story motivating movies on Amazon Prime and Netflix.

At times, hearing the story of others, helps build our own. We have the limitless possibility today to listen to the story of others and draw inspiration from them. Let us not give up on this chance.

- Avoid Caffeine, Alcohol, and Nicotine.

These are the most poisonous elements easily available. Who you want to be and where you want to go in life, depends on how you distance yourself from alcohol, tobacco and caffeine.

- Sleep 8 hours, work 8 hours, ensure they are not the same hours

Medical science recommends 8 hours of sleep everyday, and being a doctor I religiously follow 8 hours of sleep everyday. No matter who you are, what you do and where you go, sleeping for 8 hours will boost your energy to extents you cannot imagine. Don't compromise.

- Do something you like everyday and learn to say No

If you learn to say no to a lot of things in your life, you will be a happy person. Don't think too much of what others may think. It doesn't matter. What matters is what you think and how you wish to be.

Meanwhile, read books, talk to friends, work-out, gardening, picnics by the waters, rosy sunsets, chirping of birds, listening to music, do something you like everyday.

- Seek help

If you feel your stress levels are beyond control, do feel free to seek help with your local doctor. You can also reach out to me on office@65.0.22.191 if you feel I could help you or help facilitate your recovery in anyway.