

Download Managing Your Mental Health Stress Free Plus

5 ways to de

Managing unhealthy habits key to change. Constant stress — whether from a traffic-choked daily commute, unhappy marriage, or heavy workload — can have real physical effects on the body.

9 Ways You Can Improve Your Mental Health Today ...

9 Ways You Can Improve Your Mental Health Today Sure, diet and exercise help. But so does opening up to a friend. Posted Oct 27, 2015

Why stress may cause abdominal pain, from the Harvard ...

Many people who experience stress literally feel it in the gut. A part of the nervous system known informally as the "brain-gut axis" is the reason, explains the August 2010 issue of the Harvard Mental Health Letter.. The brain interacts with the rest of the body through the nervous system, which has several major components.

9 Steps to Perfect Health

Of all the 9 steps, stress management is probably the most important. Why? Because no matter what diet you follow, how much you exercise and what supplements you take, if you're not managing your stress you will still be at risk for modern degenerative conditions like heart disease, diabetes, hypothyroidism and autoimmunity.

How to Improve Your Mental Health: 9 Keys to Your Well

Caring for your mental health is a crucial part of living a happy, healthy life. This guide will cover what mental health is and why it matters.

Connect with Others | Mental Health America

Connect with Others HOW CONNECTIONS HELP Your friend gets your joke. Your co-worker offers congrats. Your spouse hugs you hello. They are all helping you bust stress and boost well-being. In fact, Mental Health America found that 71 percent of people surveyed turned to friends or family in times of stress.

11 Little Mental Health Tips That Therapists Actually Give ...

The goal of therapy is to give you the tools and strategies for navigating whatever is going on in your life—from stress or relationship issues to managing a mental health diagnosis. But a ...

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Managing Your Epilepsy | Epilepsy Foundation

Epilepsy.com offers ways to learn critical information, skills and resources that will help you manage seizures and epilepsy more easily. We know that living with epilepsy is more than just knowing your type of seizures or what medicine to take. People must learn how to respond to seizures in a variety of situations -- and be prepared to handle whatever comes your way.