



# **Lifetime of Stress Trying to Put My Mind at Ease**



Sometimes we are in situations that many circumstances in our life can cause a lifetime of stress. It could be family situations, health or work related.

It can be daily, monthly or yearly situations that we have no control of and need to deal with all the time. Stress can become very intense it's important to understand why you are stressed.



### **What works for me is:**

- Learn to read your body and mind
- How I de-stress is I sit in a quiet room and think about my situation and if I can change it or do I have to accept it. Once I make this decision it helps me de-stress and accept the things I can't change
- Walking outside on a sunny day also helps me de-stress
- Then I take one day at a time
- Most important is try to stay positive and remove any negative thoughts, people or feelings in your life that can cause you stress

### **This is my formula in dealing with a lifetime of stress.**

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I'm here to guide you throughout your journey in life and achieve your goals