

The fast pace of today's life puts pressure on most people. If all these methods fail, and stress continues to mount, it is important to see a doctor, who will be able to provide stressed people with proper medication and guidance to reduce and, hopefully, eliminate stress. For example, changing one's diet actually reduces stress, herbal teas and drinks such as chamomile and peppermint have a calming effect on our bodies. It affects us physically, emotionally, mentally, socially and spiritually. Developing and maintaining good sleeping habits is also very important in alleviating stress.