



---

## TIPS ON HOW TO OVERCOME SERIOUS STRESS

It's easy to identify someone who is stressed out, but what do you do if you're overly stressed? Consider changing your day-to-day routine like a new job or a new pet. Try changing what stresses you out the most. Don't ignore your stress. Try to deal with it in small ways, breath and do things that relax you. Minimize your stress as much as possible and remember your health comes first.

Read the full article here:

[Tips For Overcoming Serious Stress - Eva-News \(press release\)](#)

<https://blog.granted.com/>