

Stress

Posted by jfrancis - 2011/01/27 05:45

It's no surprise to hear about someone complaining that they are really stressed out. We all live busy lives filled with large amounts of duties and obligations which cause a lot of stress in us. I've read numerous articles on causes of stress and how to handle them, but I want to know from you. What do you feel stresses you the most and how to do you cope with it?

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Re: Stress

Posted by Cathy - 2011/01/28 00:49

my stress is main from my education and the afraid of my future. I have too many dreams. I'm afraid that I don't have enough time to finish my dream.

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Re: Stress

Posted by jfrancis - 2011/01/29 02:17

I can relate to that. There are a lot of pressures when it comes to school. Classwork, homework, clubs/activities, studying, the list can go on forever!

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