Everyone feels stress from time to time. Some stress can even be good. However, severe or long-term stress can have major effects on your overall health. Health research shows a link between stress and mental and physical health, including heart and blood pressure problems.

Here are some other ways stress may impact you:

- Lack of patience
- Inability to concentrate
- Inability to make decisions
- Increased alcohol or tobacco consumption
- Lack of interest in food
- Inability to relax
- Feeling tense and/or nauseated
- Feeling sweaty with a dry mouth
- Heart palpitations
- Headaches
- Muscle tension in the neck and shoulders

Five ways to ease the stress in your life:

1. Manage your time better. Make a list of tasks you need to do, set priorities, and forgive yourself when everything isn’t perfect.
2. Set limits. Yes, you want to tackle that extra work project. And maybe you made a million promises to run errands for your family. But try to be honest about what you can realistically do.
3. Exercise. We all know how exercise can improve your health. But it can also help you feel better by lowering your stress. Take a walk, run, play golf, swim, dance, or do yoga.
4. Ease your fears. Sometimes the pressure we feel is what we cause ourselves. So ask yourself if a certain situation deserves as much stress as you feel.
5. Talk to someone. Talking to someone you trust can do wonders for lowering stress. It may even help you solve a problem. But talk to your doctor or seek counseling if your stress doesn’t go away.