

Keep Your Cool!: What You Should Know about Stress

By Sandy Donovan, Jane Mersky Leder



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Leland Bobbe

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Sometimes relaxing is as simple as doing something you enjoy. If you play an instrument or a sport, you might find that those activities calm you down. Zoning out for a few minutes in front of the television or a video game is OK too. Just make sure you don't spend too long in front of media. After more than 20 or 30 minutes, it stops being relaxing and can actually start to raise your stress levels.

DID YOU KNOW?
Laughter really can be good medicine. Experts think that keeping a sense of humor—and letting yourself laugh out loud when life seems really crazy—can help reduce stress.

