

RELEASE YOUR STRESS BY TALKING IT OUT

The word **Stress** is one of the most popularly used terms by people all over the world.

In fact nowadays it has become fashionable for some people to complain that they are stressed.

There are numerous emotional and physical disorders that have been linked to stress.

When you have a problem which you are unable to deal with, just by talking to a trusted friend you will feel better.

Even though the situation may not have changed, you still feel little better.

What makes you feel better?

- According to the American Neuroscientist Dr.Candace Pert, who is the author of the book *Molecules of Emotion*, if emotions are suppressed, they can clog the biological system, causing both physical and psychological disturbances.
- When feelings are processed, unclogging of the biological system happens.
- The neurotransmitters called peptides which carry emotional messages to every cell in your body move freely throughout the biological system; this changes the chemistry of your body which promotes feelings of wellbeing.
- This is why you feel better when you talk it out.

The willingness and the courage to face a problem often mean identifying and talking about the problem.

Then, look at the available resources, identify solutions and develop a plan of action.

So whenever something troubles you, talk it out with a trusted friend or a psychological counselor who will help you to feel better so that you can deal with it better.