

**FREEDOM FROM STRESS; HOW TO TAKE CONTROL OF  
YOUR LIFE**

**Glenn Maack**

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In our everyday lives, it's witnessed as mental tension, stress, and of the techniques below to free yourself from the chains of overthinking.

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14 Ways to Become Stress-Free in 5 Minutes. Here are a few ways that I have become a much happier person by living a stress-free life.

To feel less stressed in your life, pause for a moment and take a few the event or trigger you can control and focus in on what you can affect.

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Never miss a story from The Mission when you sign up for Medium. Begin by identifying what aspect of the event or trigger you can control and focus in on what you can affect. Menarerecommendednotto regularlydrinkmorethanthreeorfourunitsaday. As well as making improvements to your general lifestyle and cutting back on your commitments to secure some time for yourself, you can try some specific relaxation techniques to help you unwind. The proper balance of diet and exercise helped this boy lose 20 kgs. Consider every thought as it floats into your mind and ask yourself if you really feel this way. Trytostayawayfromsmokeasmuchaspossible. For a woman the equivalent is two or three units a day.