

HEALTH & WELLNESS

Reducing Stress



Few people would argue with the fact that life is stressful. At some point, most people have felt worn out or overwhelmed. Whether caused by work, school, family or other commitments, stress can have negative effects on your body. These include tensed muscles, restless sleep and bad attitudes.

No one chooses to feel this way, however, there are steps that one can take to combat these feelings before they get worse. The website WebMD explains tips to help relieve stress. One of which is to allow your muscles to relax. What is more relaxing than your very own at-home spa? While soaking in a spa you can close your eyes, let the jets massage your muscles and take time to both mentally and physically relax. This is like hitting a “reset” button. You can let what was bothering you float away, and with that you can see many benefits.

Taking this time to relax can not only help relieve your tensed muscles but also lead to a better night’s sleep and a refreshed attitude. The stress in life is inevitable, but by taking steps to reduce this stress you can **bring harmony back into your life.**

This general information is not intended to diagnose or treat any medical condition or to replace your healthcare professional.



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REFERENCES

<https://www.webmd.com/balance/guide/tips-to-control-stress#1>