



UNWIND STRESS

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Dear children, are you worried?
Stressful?

Nobody is free from stress because it is a part of everyone's life. We cannot expect a life without stress but we can easily manage it. Let me tell you some scientific facts about stress.

Stress is the body's response to physical, mental, or emotional pressure.

Stress causes chemical changes in the body that can raise blood pressure, heart rate, and blood sugar levels. It may also lead to feelings of frustration, anxiety, anger, or depression.

While we cannot avoid stress, we can learn to manage it to lead a productive, happy life.

There are two types of stress, a positive stress and negative stress. Positive stress is known as Eustress which helps you to dream high, work hard and attain your dreams and goals.

Negative stress is known as Distress which is damaging and harmful.

So dear children, always welcome positive stress or convert your distress (bad stress) into eustress (good stress). ***How you manage your stress is the key to happiness and success.***

We shall discuss more on this in the coming month also.

May the Holy Spirit help you to be happy and healthy with your positive stress.