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I think we can all agree that we live in a stressful society. While both men and women suffer from stress,women may have a little more stress to deal with than men. There are unique challenges that make it important to find information on how women can relieve stress. When you have the situation where a women works and is also a mom, she will have demands coming at her from all angles. Her boss, her husband, her children, her household will all take a toll on her stress level. That's a lot for any person to handle at one time and it is very important that she take care of herself as well as her health so that she can meet the demands.

There are many techniques for relieving stress that a woman could start right away, I will list some of the more popular ones below:

1. It is okay to say no. Women often try to take care of those around them and forget to care for themselves. You may have a big heart but you do not have a lot of time. There are times when you won't be able to chaperon a field trip or make cookies for the school bake sale. In many cases women are the primary care givers in a household and many times they feel as if they let those around them down if they don't jump up to take care of everyone. If you care for yourself first then the rest tends to follow. Think of this, when you are on an airplane the flight attendant will tell you to put an oxygen mask on yourself before helping any other people. In the real world you should do the same. Learn to say no. That is one of the most important things a woman can learn.

2. Take a walk. Take yourself on a hike, a walk, a swim, a jog, or a bike ride. Take time to exercise. Exercise will help clear your mind,blow off steam and keep you healthy. Many women have a hard time voicing their frustration because we are not brought up to get angry and show it, however strenuous exercise added to your daily routine can help with anger. Working out and exercise is a great way to work off stress.

3. Get Selfish. This step is related to step 1 and what I mean is that you need to take time to do things for yourself. Go have coffee, meet with friends, get yourself a massage, etc. Make sure that your time is a priority not just when you have time to do them. Set an hour or one day per week to have a little fun. Do something for yourself without feeling any guilt. You have earned that time. If you follow this information on how women can relieve stress and use it, you will see many benefits including, lower blood pressure, a raise in your spirits and a happier family.

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