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Stress Management: Keeping Your Mind and Body Healthy by [Mack Shepperson](#)

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Living in the modern world can be a two-faced coin: it can be pleasurable and a hassle at the same time. Though you may enjoy the benefits of modernity, the fast-paced life can sometimes be overwhelming and stressful. Stress is normal and may not always be bad—it can motivate you to exert effort when a job needs to be done.

Certain physical events, like those that make you feel threatened or unbalanced, will evoke a stress response to keep you protected. This will help you keep focused and alert during emergency situations. For instance, the stress response will induce adrenaline rush so you can meet the deadlines and demands of your work. However, pushing the stress response to the limit may cause unpleasant effects to your health, mood, and performance.

It is important to avoid having too much stress; otherwise, your mind and body would pay the price. Though you can't avoid being stressed all the time, stress can be managed. Even if you don't have control of the situation, you can always control the way you react to things. It's all about taking charge and keeping it cool.

As much as possible, relax and keep yourself composed. Don't dwell on things too much—doing these might do more good than harm. It may not be easy to do but it will keep you focused on doing your task. Catch up on rest and sleep to rejuvenate your body. You can also do yoga, meditation, and other deep breathing exercises to keep yourself calm and collected. Doing these activities regularly will help reduce stress levels and boost your energy.

Apart from meditation, you can also take supplements like *Coriolus versicolor* extract to keep your mind and body in good condition. Studies show that mushroom extracts contain beta-glucans that regulate the functions of the hypothalamus, nerves, and adrenal glands that play important roles in stress response.

Mushroom extracts like one made from *Coriolus versicolor* not only provide stress relief, but also increase your body's energy and boost the immune system. These extracts contain adenosine, cordycepic acid, and other compounds which reduce fatigue and increase stamina. These are helpful for the body, especially if you're living an active life.

Know your limit so you'll avoid getting worked up. Taking *Coriolus versicolor* supplements might be helpful in reducing stress, but it would also do you good if you manage your time and work properly. You should understand that stress is part of life, and what you can do is cope with it. You can visit webmd.com/balance/stress-management/stress-management-effects-of-stress for more advice on stress management.

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