

Look forward to reduce stress

You can't avoid change. You may try to sidestep it, resist it, or you may even hate it, but change is inevitable.

Sometimes even the good changes – marriage, a move, the holidays – can make you feel anxious and out of sorts. A new relationship, a new job, a new town, a new addition to the family – these things keep life uncertain, which means you have to take risks.

To reduce the stress from change, embrace it! Walk into the future by doing what's necessary to stay positive and energetic. Commitment to what's coming will stop you from dwelling on the past.

