

Reach Out

There's a difference between good stress and bad stress. Good stress can help you get through tough situations because you're alert and ready to face the thing you're anxious about. Bad stress is when you feel uptight and nervous all the bloody time. Stress relief is about finding ways to manage your anxiety. There's plenty of info on it here – plus what could be going on if it's something more serious.

Website: <http://au.reachout.com/tough-times/somethings-not-right/stress-and-anxiety>