

## An overview of Stress in women

Stress is a common problem for people these days. With busy lives and lesser time at hand, people are feeling more and more stressed out! Stress can affect everyone even children, however, its occurrence are more than common among women.

Why do women have stress:

Generally, in the rush of managing work with home leads to stress among women. Women have to juggle between family and office work. In office they strive to give their best performance and at home they take care of children, husband and the house itself. When any of their area of performance goes out of sync it leads to stress. In the struggle to balance both home and office, women often are sometimes unable to follow their schedule which causes stress. Change in hormone levels is also one major reason behind stress in women. As women progress towards various phases in life, hormonal balances like premenstrual and menopausal changes affect chemical vulnerability to stress.

Effects of stress on women:

Stress affects women both internally and externally. Tension, anxiety, headache, stomach upset and depression are all different manifestations of stress. Hence, the negative health consequences of stress are very harmful. Mental health of women is also affected due to stress.

What women can do:

Complete knowledge about stress in women can help women to cure and get rid of stress.

- The best method to get rid of stress is for women to keep some time completely for themselves. Everyday women should keep some time for them away from home and work concerns and devoted completely to their rejuvenation.
- Indulge in activities like exercise, dancing, meeting with friends, listening to relaxation tapes and engaging in spiritual activities. It will fill you with fresh energy to work and face stress.
- However, women can reduce their stress by following their schedule carefully. According to a survey only thirty eight percent women follow their schedule while 40 percent women find themselves unable to find even one hour for themselves from their busy schedule. Women can lessen their stress to a great extent by taking control of their time schedule and managing it carefully.

[/www.whatyouneedtoknow.co.in/stress\\_management.html](http://www.whatyouneedtoknow.co.in/stress_management.html)">Stress in women can disturb their whole life as it leads to many negative health and emotional consequences. Women can win over stress by devoting some time for themselves and indulging in activities which they like to do.

## About the Author

Good health is not a struggle, nor it is an extraordinary feat. Healthy living is about understanding what your body needs and what is good for it. Re-discover good health in a simple way with Tania Hackner and make good health a way of living!.For more information and advice on [Women Stress](#) and general health Please visit us at <http://www.whatyouneedtoknow.co.in>

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