6 Basic Rules of Fighting with the Stress
www.all-rules.com

1. **Have a healthy lifestyle**
   - Do the exercises, eat right, get out of bad habits.
2. **Have sex regularly**
   - The best anti-stress thing is a sex. Because during the sex our body produces endorphins — chemicals of happiness.
3. **Communicate**
   - You need to communicate with people. Do not stay alone. Admit your mistakes and weaknesses.
4. **Prioritize**
   - Do the plan. Choose what is more important for you. Organize your existence.
5. **Enjoy life**
   - Pay attention to distraction. Enjoy your life. Find a hobby. Meet your friends. Spend time with your lover.
6. **Think Positively**
   - Be smart and optimistic. You will find the solution of your troubles and after bad day there will be good day.