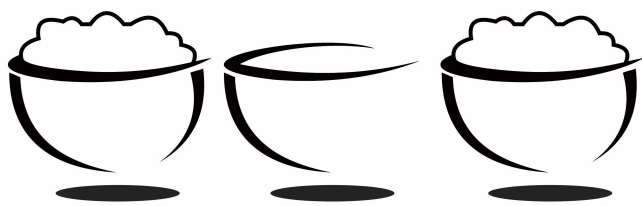


How to deal with stress



It's heavy, being human.

It has a certain weight that can seem crushing at time.

Not always...

But when you feel that weight it can be paralyzing.

The trick is, to take a small action.

Don't do anything haste, because that rarely helps, but identify the source of the stress and take a small step towards fixing it.

If it's your weight, try a [24 hour fast](#).

Lonely? make 1 phone call - not a text, but an actual voice conversation.

Or even better, meet someone in person.

And as always, go for a walk.

Life can be heavy, but moving forward helps.

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