

## To Decrease the Negative Effects of Chronic Stress Overload, Simple Self-Care Must be Included in our Daily Lives

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It is well known by the medical community that stress overload negatively impacts the health and well-being of individuals on psychological, emotional, spiritual, and physical levels. The results from multiple studies and research show that regular self-care does, in fact, help combat the negative effects of stress overload. However, the year 2020 has created such an elevated level of chronic stress that traditional self-care may no longer be enough to combat these negative effects effectively. By adding a new kind of self-care, called simple self-care to our busy daily schedules when done on a regular basis, has been proven to further reduce the negative effects of stress on a more immediate level. This paper examines the definition and concepts of simple self-care which has been federally copyrighted as a concept and theory of application, along with the benefits it has on creating a healthier lifestyle of stressing less and living happier. These results are supported anatomy and physiology, and the benefits of self-care. by an accumulation of multiple studies and research which has been documented in reports and books pertaining to negative effects of chronic stress, human The data suggests that by adding short intervals of simple self-care into our daily schedules regularly, we can start negating the harmful effects of stress overload and begin building up our stress resistance to better deal with chronic stress leading to a healthier and happier future.

### Biography

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