

Making Life Better

A New Program Helps Fight Stress

(NAPSA)—From financial worries to family responsibilities, Americans are dealing with more stress than they have in decades. Now there is a new program that can help people better manage stress in tough times.

Called **Live Your Life Well**,SM the program features 10 tools, based on decades of research, that people can use to make a real difference in their lives. From relaxation exercises to journaling tech-



A new Web site offers tips on living a more satisfying life—even in the face of stress on the job and at home.

niques to simple ways to get better sleep and improve eating habits, the program offers easy-to-follow suggestions on applying the tools in daily life. Best of all, these activities don't demand huge changes or a lot of time.

In creating this innovative program, the nonprofit Mental Health America brought together information from a variety of experts on health and wellness to help people protect their mental health and lead happier, more productive lives. It's all available online and at no cost on www.liveyourlifewell.org.