



Stress impact

I have chosen to listening to music. I will stick to listening to music because it calms my mood and my personal atmosphere. I find it enjoyable because it's something I do everyday and something use it as a stress relief. Yes. I can find time when I'm doing my work or chilling. Whenever you are feeling stressed out all you have to do is put in your headphones and relax for about 5-10 minutes and proceed working on what you was working on.