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As the pace of life continues to increase, we are fast losing the art of relaxation. But relaxation is ___1___ for a healthy mind and body. Stress is a natural part of everyday life and there is no way to ___2___ it. In fact, it is not the bad thing as it is often supposed to be. A certain amount of stress is vital to provide motivation and give purpose to life. It is only when the stress gets out of ___3___ that it can lead to poor performance and ill health. The amount of stress a person can withstand depends very much on the individual. Some people are not afraid of stress, and such ___4___ are obviously prime material for managerial responsibilities. Others lose heart at the first sight of ___5___ difficulties. When exposed to stress, in whatever form, we react both physically and ___6___. In fact we make choice between "flight or fight" and in more ___7___ days the choices made the difference between life or death. The crises we meet today are unlikely to be so extreme, but however little the stress, it involves the same ___8___. It is when such a reaction lasts long, through continued ___9___ to stress, that health becomes endangered. Since we cannot ___10___ stress from our lives it would be unwise to do so even if we could, we need to find ways to deal with it.

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