

Lindsay Kiriakos M.D. Offers Easy Ways to Start Managing Stress

Lindsay Kiriakos M.D. recently discussed easy ways to begin managing stress.

LOS ANGELES, CALIFORNIA, UNITED STATES, February 16, 2022 /EINPresswire.com/ -- LOS ANGELES, CA / February 11, 2022 / Dr. Lindsay Kiriakos M.D. is a psychiatrist with expertise in anxiety disorders, panic disorders, stress management, and more. He has dedicated his life to improving the lives of others. Lindsay Kiriakos M.D. recently discussed several easy ways to begin managing stress. "My generalized anxiety disorder and social anxiety are what drew me to the field of psychiatry," Dr. Kiriakos said. "I understand the needs of my patients because I once had many of the same needs."

Work-Life Balance

[Dr. Kiriakos explained that one of the best ways to manage stress is](#) to create a balance in work and life.

Many people invest much more time and energy into their work than they do in other life activities. This creates an imbalance that can have negative effects on the psyche. "It's important that people accept and acknowledge their needs," Kiriakos said. "Setting aside time for oneself is one of these needs." Dr. Kiriakos stated that exercising, practicing relaxation, or simply doing something enjoyable can help a person put work and life back into balance, reducing stress and creating more success in both areas.

Manage Time Wisely

Kiriakos stated that poor time management can lead to excessive stress and even illnesses due to stress. He suggested that everyone create a daily and weekly schedule. This schedule helps ensure a person doesn't overlook his or her schedule and become overwhelmed by everyday activities. Some amount of stress is inevitable, but excessive stress due to poor time



Lindsay Kiriakos expert in stress management

management is preventable.

Exercise and Eat Right

A person's daily activities can greatly affect their mood. Experts like [Lindsay Kiriakos M.D. suggest exercising regularly](#) and eating healthy to boost mood and reduce stress. "Working out relaxes the body and mind. It has also been proven to improve mood," Kiriakos said. "Exercising with friends can combine socializing with exercise, boosting the mood even higher and reducing stress even more." Kiriakos also stressed the importance of eating right. A healthy body and mind fueled by healthy foods can stabilize a person's moods. Additionally, health issues can add to a person's stress. Many times, these issues can be resolved through healthy, balanced eating.

Lindsay Kiriakos M.D. and Stress Reduction

One of the most recommended ways to manage stress is through talking with a qualified psychiatrist. Dr. Kiriakos holds two degrees from Stanford University and attended medical school at the University of Pennsylvania. He completed his Psychiatry Residency at UCLA. Kiriakos is considered an expert in the treatment of anxiety disorders, obsessive-compulsive disorder, panic disorder, stress management, and more. He uses clinically-proven treatment methods, like Cognitive Behavioral Therapy and Assertiveness Training to help individuals manage stress to live happier and healthier lives.

Caroline Hunter
Web Presence, LLC
+17865519491
[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/563292622>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2022 IPD Group, Inc. All Right Reserved.