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Además de la traducción, con cada consulta el traductor de EL MUNDO te ofrece definiciones ampliadas de las palabras y expresiones introducidas, así como ejemplos de uso y frases hechas. by Keith RobinsonIf you're reading this chances are you've got some interest in making your life less stressed. I know it's a big deal for me. I'm a naturally stressed-out person and I'm trying more and more to keep my stress-level low. Lately it's been pretty high, and while I know it'll pass, I'm really trying to spend more time relaxing. It's not as easy as you might think.In this first installment of a two-part series on stress reduction I'll discuss some ways you can set yourself up to be less stressed.Find the right jobHaving a job you love and one that can support a good work/life balance is a great way to start down to the road to a less stressful life.When it comes to work/life balance, some jobs are better than others. Over at Jugglezine they...Read moreA job where you can simply work less is always good too. If nothing else you need to be able to take a break every once in awhile.G/O Media may get a commissionChill outIf retro-style candy-colors are kind of your thing, Indacloud's top selling gummies hit that nostalgic craving—they are vegan gummies packed with 500 mg Delta 8 cannabis.Use the promo code GIZMODO30Get to work!I know! I just told you to take a break from work. Well, working hard has its benefits too. Think about it. How often do you get to work — really work? We spend so much of our work days doing everything but working. Dealing with office politics, digging through e-mail and RSS, having meetings and all the rest. For me anyway once of the best ways to keep the stress level low is to get things done and get head down and do some work.I feel my best when I'm writing, or designing or coding. Well, either when I'm doing that or just after I've finished a productive four hour stint (I work in three or four hour blocks usually). It's also got the added benefits of keeping the to-do list manageable.Set boundariesYou've got to know when to say no and when to quit. It seems like every day someone is asking for something new, but you've got to realize that for every new job, new task, new bit of information you've decided to bring on you've got to either take away from something else or find more energy somewhere inside to deal with it. Good work isn't all about getting things done and doing lots of work, it's about doing it right also.I'm not a perfectionist (perfect is the enemy of the good), but I do expect quite a bit out of myself and those around me. It's sometimes awfully easy to see when someone has too much on their plate as their work suffers and they're always stressed out. Seeing that in yourself is the trick. Give yourself a long inward look and ask yourself if you might need to reduce your workload. Also, it's a good idea to do this before you agree to take something new on.Stay fit. Exercise.A healthy lifestyle can do a whole lot toward relieving stress. I know I feel my best and my least stressed after a very draining soccer or kickball game. Join a club, go out for a run or make time on your Sunday afternoon to kick a ball around with friends. It can help in so many ways.It's important to find activities that work for you. I'm not sure competitive sports is for everyone, for example. The idea is to do something that gets you active, even if it's just going for a walk every day at lunch.Get clean and organizedOne of the reasons people are so interested in David Allen's Getting Things Done and other, similar productivity programs is their promise to keep you less stressed. One of the ways these systems help you do that is by helping you keep organized. A tidy desk, clean home and organized computer can do wonders for keeping your mind of things that cause stress by Keith RobinsonRead moreTake time off from work.Make sure you're using your vacation days and getting away from the office and its stress on a regular basis. Don't work through the weekend. In fact, you might try and take Fridays off!Lifehacker pal and all-around productive guy Ryan Carson has a great idea for being more productive Read moreAs always if anyone reading this has any more tips they'd like to add, that'd be very welcome in the comments or at tips at lifehacker.com. Next up: de-stressing through relaxation.D. Keith Robinson is an associate editor of Lifehacker. His special feature Getting To Done appears every Monday on Lifehacker. traductor inglés español Traduza conforme for digitando Qualidade mundialmente reconhecida Tradução de documentos com um simples "arrastar e soltar" Traduzir agora Book Hotels 45 miles S of Wilmington; 84 miles E of Baltimore; 43 miles N of RehobothTo race-car fans, Dover means NASCAR twice a year. To gamblers, it's a place to play the slots. To history buffs, this town is where the U.S. Constitution got its first "yea" vote.Set in the middle of this tiny state, Delaware's capital has its share of museums and attractions. Problem is, too many people fail to slow down on their way to the beach! What a shame.At least the wildlife is smart enough to stop: Bombay Hook National Wildlife Refuge offers migrating visitors 16,000 acres of marsh and wetlands.Plotted in 1717 according to a charter by William Penn, Dover was originally designed as the Kent County seat. By 1777, this rich grain-farming community's importance had increased, and the state legislature, seeking a safe inland location as an alternative to the old capital of New Castle, relocated to the more central Dover. Delaware became the "first state" on December 7, 1787, when its delegates assembled at Dover's Golden Fleece Tavern to ratify the Constitution of the United States, the first state to do so.Today, Dover continues to be a hub of state government and business. Its history is showcased at a sprawling agricultural museum, a museum of American art stocked with lavish works donated by Delaware art collectors, and the Old State House. On the city's southern edge, Dover Air Force Base, the largest airport on the East Coast, is home to its own museum of aircraft. Get Inspired for Your Next Vacation

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