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Free Workshop Helps Women Deal with Stress

MOUNTAIN BROOK, AL (WIAT)—More than 100 women participated in the first annual High Noon Stress Buster event at the Emmet O'Neal Library in Mountain Brook on Saturday.

Crystal Neville organized the event, hoping to empower, educate, and encourage area women to work through their stress.

Neville says her best advice for alleviating stress is simple: exercise, eat healthier foods, and declutter. She also recommends laughing, as well as surrounding yourself with supportive people.

Click on the video to the right to see the story!



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