

Making Life More Fun

A Chance To Play Away Stress

(NAPSA)—For many, the constant deadlines and demands of modern life can be a recipe for stress. While some find the holidays to be a stressful time, the chaotic feelings brought about by present wrapping, party throwing, constant family togetherness and shopping for gifts can actually linger long after the holidays are over, with stress striking anytime of the year.



Many find a visit to an online game site can be a helpful way to manage holiday stress.

The good news is that there are several simple ways you can start to manage the daily stress in your life. In addition to getting enough sleep and monitoring your food, alcohol and caffeine intake during the party-heavy holiday season, research has shown that making time for exercise and fun can go a long way in relieving stress during the holidays and beyond.

One easy and convenient way to steal away for a few minutes of fun is to go online to EA's popular games website Pogo.com, where you can access games such as Pop-pit! and First Class Solitaire, all for free.

A Little "Me Time"

The site offers hundreds of online games for free, including puzzles, board games, word games, card games and more.

There are also arcade games and a chance to register and play online with friends, giving players a unique way to de-stress and connect with faraway friends and family members.

It doesn't matter if you are feeling solitary or social, traditional or quirky—the site is likely to offer a game that will fit your mood and will help you melt away stress.

To learn more, visit www.pogo.com.