**Swiss Navy Offers Advice for Dealing with Stress**

**Press Release**

POMPANO BEACH, Florida – November 3, 2021—The first week in November serves as National Stress Awareness Week and this year Swiss Navy is offering up healthy ways to help reduce the symptoms of stress.

“So many people are dealing with stress, and many have been for quite some time because of everything happening in our world,” said Briana Watkins, Vice President of Sales and Marketing for M.D. Science Lab. “While stress may not be avoidable, there are ways to help manage it and many of our products can help.”

Swiss Navy’s vast assortment of products include personal lubricants, massage creams, and arousal gels to enhance sexual experiences.

[Research](https://journals.sagepub.com/doi/full/10.1177/0265407511431185) has shown that sex can help relieve stress by releasing hormones that can make a person feel calm, while further [studies](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5052677/#R22) reported sexual activities as reducing levels of stress hormones, such as adrenaline and cortisol. Sex has also been shown to positively affect moods by releasing endorphins and oxytocin.

“One study even found sex lowered blood pressure,” said Watkins. “Whether partnered or solo, it seems like there is an abundance of reasons why enjoying sexual activities can be helpful for managing stress.”

Other ways to deal with stress include:

* Schedule breaks and time to unwind
* Take care of yourself and your body
* Connect with family and friends
* Keep a positive attitude

For more tips on coping with stress, visit the Centers for Disease Control and Prevention’s [suggestion page](https://www.cdc.gov/violenceprevention/about/copingwith-stresstips.html).

The International Stress Management Association (ISMA) runs National Stress Awareness Day/Week, and works to raise awareness of stress prevention. To learn more, please visit [isma.org.uk](https://isma.org.uk/).

To place your Swiss Navy order and to be the first to know about new product releases, please contact your account representative.

**About M.D. Science Lab**

Since 1998, M.D. Science Lab has continually created award-winning products dedicated to helping consumers live healthier lives. With a focus on intimate wellness and nutritional good health, M.D. Science Lab continues to create products at the forefront of the wellness market that are offered worldwide. For more information, please contact [Briana@Swissnavy.com](about:blank) or visit [www.swissnavy.com](about:blank).