

Top Forums And Groups

Join, engage, establish your authority and gain traffic from the following top forums and communities:

Daily Strength

Daily Strength is a website that acts as an online support group for people with many different difficulties. A large proportion of people with other issues are also dealing with stress.

<http://www.dailystrength.org/c/Stress-Management/forum>

American Express

This article highlights that many small businesses and their owners are dealing with high levels of stress. Can you think of any business forums where people may be stressed?

<https://www.americanexpress.com/us/small-business/openforum/articles/3-stress-management-techniques/>

eHealth

eHealth is a large website and community that has thousands of followers on social media.

http://ehealthforum.com/health/stress_question.html

Stress Bank

Stress Bank is a place where people dealing with stress can go to talk about their experiences and get advice from people who are going through similar situations.

<http://www.stressbank.com/>

Topix

If you haven't heard of topix, then it's basically a large forum that has hundreds of different sub-sections for different issues. Topix has a large amount of posts.

<http://www.topix.com/forum/health/stress>

From Stress to Success

This is a great Google+ community that helps to show people how to overcome their stress and succeed regardless.

<https://plus.google.com/communities/117843833268015742083>

Stress Free and Happy Life

A Google+ Community of people dealing with stress.

<https://plus.google.com/communities/108445002435623891319>

From Stress to Relax and ((:

This community acts similarly to some of the forums, as a support group for people to get help and advice from others.

<https://plus.google.com/communities/115780023534094109518>

Relax Channel

A Google+ Community designed to help people relax.

<https://plus.google.com/communities/109484744806573236746>

Holistic Health and Stress Management

A Google+ Community to advertise stress management and holistic treatments.

<https://plus.google.com/communities/104123405793416576443>