

Relieving Stress

Feeling stressed out? If you're like most of us today, you are coping with stress but don't properly know how to relieve it. There is not a person on earth who has not been affected by stress in their life. Knowing how to properly relieve stress is extremely important to our health and well-being and there are many ways of relieving and managing stress. Following are a few tips and techniques to help reduce your stress levels.

1. Take deep breaths. This should be your first, and the most immediate defense against stress. It's also probably one of the easiest and most effective relaxation techniques. When you feel your body tensing up, or a headache approaching, close your eyes and focus on breathing. Tell your mind and body to calm down.
2. Eat right and exercise. Being physically fit can directly help relieve stress. Exercise releases endorphins; a feel good hormone. Chocolate releases endorphins as well!
3. Get enough sleep. Adequate sleep fuels your mind and body. Feeling tired may increase your stress because you may think irrationally.
4. Learn to say no; you cannot do everything that you are asked. You will become overwhelmed and overworked. Learn to manage your time better, handle your important task first and eliminate unessential tasks. Express your feelings, instead of bottling them up.
5. Set realistic goals.
6. Take a break and do nothing at all. Close the door, open the window, have a seat and take a little break from life. Relax your mind. Give yourself "me" time.
7. Don't stress when expectations are not met. Reduce the urge to be "perfect". Learn to be flexible and focus on the positive.
8. Manage your anger. Push and stay away from any type of negativity. Remember that you can only change yourself, and accept the things that you can't change.
9. Silence your phone at night
10. Dab scented oils, cologne or perfume on your wrist to sniff as a aromatherapy reminder to relax when you feel stressed.
11. Laugh more, be cheerful to all.
12. Listen to relaxing music. Or any other activities (get a massage, go for a walk, write in a journal, play with a pet, work in a garden, take a long bath) that will help you to relax your mind. Make time for fun and relaxation.

Don't let stress rob you of your joy. When you feel stress or anxiety, take a time out and try some of the above techniques. I am not a Doctor. If you think that you may be experiencing stress, consult a physician immediately. Many health problems can stem from stress.