

Top 10 Ways to Reduce Stress

From minor challenges to major crises, stress is a part of life. Even though you can't always control your circumstances, you can control how you respond to them. Carrying a lot of stress can take a toll on your well-being. Here's a list of our top stress relievers that can calm your mind and your body.



1 Exercise

It might seem contradictory, but putting physical stress on your body through exercise can relieve mental stress. The benefits are strongest when you exercise regularly.



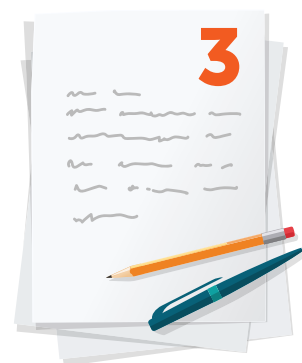
2 Reduce Your Caffeine Intake

Caffeine is a stimulant found in coffee, tea, chocolate and energy drinks. High doses can increase anxiety. If you notice that caffeine makes you jittery or anxious, consider cutting back.



4 Chew Gum

One study showed that people who chewed gum had a greater sense of well-being and lower stress. One possible explanation is that chewing gum causes brain waves similar to those of relaxed people. Another is that chewing gum promotes blood flow to your brain.



3

Write it Down

Try recording what you're stressed about or jotting down what you're grateful for. Gratitude may help relieve stress and anxiety by focusing your thoughts on what's positive in your life.



6

Laugh

It's hard to feel anxious when you're laughing. It's good for your health, and it may help relieve your stress response and tension by relaxing your muscles. Laughter can also help improve your immune system and mood.



7

Practice Mindfulness

Mindfulness describes practices that anchor you to the present moment. It can help combat the anxiety-inducing effects of negative thinking. Methods for increasing mindfulness include mindfulness-based cognitive therapy, mindfulness-based stress reduction, yoga and meditation.



8

Soothing Music

Slow-paced instrumental music can induce the relaxation response by helping lower blood pressure and heart rate as well as stress hormones. Nature sounds can also be very calming.



10

Spend Time with Your Pet

Interacting with pets may help release oxytocin, a brain chemical that promotes a positive mood. Having a pet may also help relieve stress by giving you purpose, keeping you active and providing companionship.

- TO DO: 9
- DEEP BREATH
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Deep Breathing

Focus on your breath, making it slower and deeper. When you breathe in deeply through your nose, your lungs fully expand and your belly rises. This helps slow your heart rate, allowing you to feel more peaceful.