

1 WAYS TO REDUCE STRESS



TIP 1 – Meditation

Meditation has been proven to be a very effective way of reducing stress and anxiety as it teaches you to focus your mind on a single object, thought or activity, for example, your breathing. Even if you can only do 10 minutes a day, this will help you to relax your mind and body so you can concentrate on the here and now.



TIP 2 – Sleep

A good night's sleep is just what the doctor ordered! Most adults need between 7 and 9 hours sleep a night as lack of sleep can affect your physical health. When you sleep well, your mood improves, you're less agitated and your patience increases, which is especially good for work activities.



TIP 3 – Exercise

A great way to reduce stress is exercise and other physical activity, as this produces endorphins which act as a natural painkiller. Exercise can also improve sleep which can reduce stress also. Making your body feel better through physical activity will make your mind feel better as well, so exercise is well worth it, even if it's just going for a walk!



TIP 4 – Relax

We know that when someone tells you to relax, it has the opposite effect, but there are a few techniques and activities you could try to help the relaxation set in.

Relaxation techniques could consist of deep breathing, yoga, meditation and self-hypnosis. All of these techniques help steer your mind away from and clear any negatives thoughts. There are different activities you could try such as going to a spa, reading, spending time outdoors etc, anything you enjoy doing and that brings happiness to your life. If you're feeling a little stressed, give one of them a go and feel your mood lift.



TIP 5 – Time Management

Managing your time can be a key solution to reducing stress whether it be at work or at home, it can help massively. Try writing "to-do" lists and prioritise jobs, we all know that we can only do so much in a day, don't push yourself too far and risk burning out. Also, leave yourself time during the day to relax, even if it's between tasks, everyone deserves a cuppa!

Organize The Disorganized Tips And Techniques To Reduce Stress

James Moore



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