

TEN WAYS TO SHRUG OFF STRESS

Everyone experiences stress and it doesn't have to get the better of you. When you need some inspiration for restoring your sense of calm, try one of these activities.

1. MEDITATE!

Meditation provides relief from stress. One way it does this is by reducing the amount of cortisol and adrenaline, our "flight or fight" hormones.

2. Journal

Just getting your thoughts out on paper helps to clear your mind, thus leading to less stress about the past and/or the future.

3. Take up a hobby

Hobbies can provide a nice distraction from stress. Coloring books are great fun. Gardening can also act as a stress reliever and is good exercise.

4. Practice Yoga regularly

Yoga is a physical, mental and spiritual discipline that is effective in relieving stress. Try different types of yoga and different teachers to find one that you like.

5. Breathe!

Your breath is a convenient and simple way to reduce short-term stress. Next time you're annoyed, just take a few moments for some nice deep belly breaths.

6. Hang out with friends

Just hanging out with friends can take your mind off your stressors for a bit. Social connections are one of the most effective ways to increase your happiness.

7. Laugh!

The physical act of laughing releases tension and brings positive physiological changes. So, go ahead, watch that silly kitten video on YouTube!

8. Get out in nature

If you spend much time at your desk, taking a walk in nature allows you a change in scenery, and it gets you moving. Exercise is another form of stress release.

9. Listen to Music

"Music has charms to soothe a savage breast, to soften rocks or bend a knotted oak." Yes, it's that powerful.

10. Try Aromatherapy

Rosemary, lavender, ylang-ylang and lemon have all been shown to reduce stress. There are many resources to help you find just the right one for you.

