

WAYS TO REDUCE STRESS



Exercise

Physical activity plays a key role in reducing and preventing stress.



Listen to music

Listening to soothing music can lower blood pressure, heart rate, and anxiety.



Yoga

Yoga is a great way to work on your flexibility and strength. It usually involves paying attention to your breath, which can help you relax.



Make time to relax

Relaxation triggers a chemical response that creates a sense of well-being and calmness.



Get a good night's sleep

Getting enough sleep helps keep your body and mind in top shape, making you better equipped to deal with negative stressors.



Solve the little problems

Learning to solve everyday problems can give you a sense of control over the things that stress you out.



Think positively

A healthy dose of optimism can help you make the best of stressful circumstances.



Discuss your problems

Talk to a trusted person and build a network of friends who help you cope in a positive way.



Eat a healthy diet

Well-nourished bodies are better prepared to cope with stress.