

3 Simple Ways to Relieve Stress

Stress is the way your body reacts to challenges and demands. We require stress to survive and have energy, but too much can have a negative impact. To create balance in our lives, it is important to incorporate stress-relieving techniques.

Here are a few easy ways to ease stress:

1- Schedule downtime

Prioritize time in your schedule for relaxation every day. This will help manage your stress and protect your body from its negative effects, like fatigue, mood challenges and brain fog. When your schedule doesn't allow for downtime and relaxation, that is likely when you need it the most! Here are a few suggestions:

- Deep breathing
- Listening to music
- Journaling

There are many online resources and that provide access to destressing techniques, most at low or no cost. Apps like Breathe, Headspace, Calm, Insight Timer, The Tapping Solution are all great options to try. You can even set alerts as reminders to take a break and destress!



3- Write it down

Make a list of your to-dos. You may experience a surprising amount of relief from reducing the burden of remembering all the tasks for your day. Write down your upcoming tasks or put them in your calendar and set alerts. Once you mentally unload your to-dos, you can relax and cross tasks off one at a time!



2- Go for a walk

In addition to giving your mind a necessary break from thinking and indoor light, going for a walk has physical health benefits! Exercise is a powerful stress reliever because it releases feel-good chemicals, like endorphins, that help you maintain a positive attitude.

