

10 Ways to Reduce Your Stress Now!

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Sample of Content:

10 positive ways to reduce your stress.

Content:

Stress is the 'wear and tear' our bodies experience as we adjust to our constantly changing environment.

These 10 tips below can be applied your life and all of your relationships as it pertains to school, work, family, your significant other and friends. My hope is that you find positive ways to help manage all stress that you are dealing with.

- 1 - Manage Your Time Effectively:** Keep a To Do list or daily planner and make sure to include time for yourself and time for stress reduction activities.
- 2 - Take a Break:** Schedule several short breaks throughout your day to help minimize your stress. Get up and stretch, read a book, go for a walk or simply call a friend.
- 3 - Minimize Interruptions:** When focusing on something important, make sure to block off a period of time when you can work without being disturbed or distracted.
- 4 - Eat Healthy Foods:** Try to avoid foods high in fat, sugar and sodium. Be sure to snack on something healthy and do not skip meals because this will lower your energy levels.
- 5 - Exercise:** Regular physical activity is one of the best ways to deal with stress. It releases endorphins and gives you a natural high. Try walking, bike riding or simply exercising in the comfort of your own home.
- 6 - Think Positively:** Instead of focusing on negative thoughts, focus on the positive things in your life and say to yourself at least one positive thought each day.
- 7 - Learn to Say NO:** Don't feel guilty when you have to tell others no. Taking on additional projects or work for others when you are busy will only cause you more stress.
- 8 - Put Stressful Situations in Perspective:** Will it matter a month from now? What about a year from now? Is it something that you can control? Ask yourself these questions when you are faced with a stressful situation.
- 9 - Get Enough Sleep:** Studies show that most people need between 6-9 hours of sleep, but most people give up sleep when they are under stress to finish more work. Be sure to get the proper rest so that you can energize your mind, body and spirit.
- 10 - Find Someone to Talk to:** Talking to your friends or family can help because it gives you a chance to express your feelings. However, problems in your social life or family life can be the hardest to talk about. If you feel like you can't talk to your family or a friend, talk to someone outside the situation. This could be your priest, minister, a therapist, your family doctor or a coach.

Aurelia Williams is the mom of four busy children, a [Personal Life Coach](#) and the owner of [Real Life Solutions](#), which is an informational site that also offers products, articles and a great newsletter. You can also hear Aurelia daily on the [WAHM Talk Radio](#) show, she is the Resident Life Coach.

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