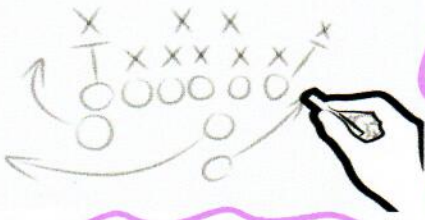


15 WAYS TO MANAGE STRESS ACCORDING TO SCIENTISTS

1. Make a game plan.

Not only will having a to-do list reduce stress, it will help you stay more focused.



2. Take deep breaths.

Taking a second to step away may help your body handle stress better. The idea is to get your breath slower to activate the body's relaxation mode.



3. Scale it down.

Set realistic expectations. Studies often point to lofty expectations as a reason for higher stress levels.



4. Know the signs of stress.

Irritability, fatigue, and headaches are all physical signs of stress.



5. Make a budget.

Money is considered the most stressful factor for Americans, so keeping a budget can keep you from going overboard.



6. Eat — and drink — wisely.

Eating balanced amounts of whole grains, lean meats, fresh fruits and veggies can help you manage your stress levels.



7. Remember to laugh.

A study on college stress levels found that laughter, yoga and reading significantly reduced stress.



8. Chat with a friend.

In a recent survey, 43% of Americans who said they had no one to turn to for emotional support also reported their stress had increased in the past year.



9. Listen to the right music.

Many studies have found that listening to soothing sounds like nature soundtracks or classical music can lower stress-related blood pressure.



10. Get some exercise into your day

Cardiovascular exercise releases feel-good hormones in our brain called endorphins, which can help us feel happier and less stressed.



11. Get enough sleep.

A small 2012 study revealed that sleep deprived subjects exhibited lower tolerance for stress.



12. Take a nap.

One study found that participants who napped after a sleepless night had decreased levels of the stress-related hormone, cortisol.



13. Take a break from what's stressing you out.

You know what stresses you out, so make sure you're only exposing yourself to that situation in moderation.



14. Confront what's stressing you.

If you ignore daily stressors, they can build up into something far more serious called chronic stress, which can contribute to anxiety and depression.



15. Talk to a doctor.

Chronic stress is becoming a public health hazard in America, yet 1 out of 3 Americans reportedly have never discussed how to manage their stress with a professional.



Body

Mind



Emotions

Behavior

30+

WAYS TO DE-STRESS

IN LESS THAN 10 MINUTES

✓ • LISTEN TO YOUR FAVORITE TUNES

• HEAD OUTSIDE

• STRETCH

• MEDITATE

• READ FOR PLEASURE

• WALK, BIKE, SKATEBOARD AROUND THE BLOCK

• COUNT TO 10

• DANCE

• JOURNAL

• WRITE DOWN 10 THINGS YOU'RE GRATEFUL FOR

• DOODLE OR DRAW

• TELL SOME JOKES

• CALL A FRIEND

• CHEW A PIECE OF GUM

• FOCUS & NOTICE YOUR PRESENT SURROUNDINGS (GROUNDING)

• DISCONNECT FROM TECH

• LOOK AT A HAPPY PHOTO

• SQUEEZE A STRESS BALL

• WATCH A FUNNY YOUTUBE VIDEO

• PUNCH A PILLOW

• DEEP, SLOW BREATHING

• READ AN INSPIRATIONAL QUOTE

• SPEND TIME WITH YOUR PETS

• PRACTICE YOGA POSES

• DO 20 JUMPING JACKS

• DO SOMETHING NICE FOR SOMEONE

• SIT IN THE SUN

• VISUALIZE A SAFE, COMFORTING PLACE

• PICK SOME FLOWERS

• GIVE YOURSELF A NECK MASSAGE

• TAKE A SHOWER

• KICK A SOCCER BALL