

Simple Ways to Relieve Stress

Check In

You have the power to be happy! [Mental and emotional well-being](#) greatly affect digestion and immunity. If we are in perpetual inner conflict about a job, a relationship, or another situation that causes us stress, we have to shift the situation – or our beliefs about it – to feel better.

Create a worry journal.

Make a cup of tea after dinner.

Try making cinnamon or chamomile tea. Add honey.

Write down the things that are stressing you out before bed. You will sleep better and begin to identify stressful things that might need to be changed.

Enjoy Balanced Meals

White sugar, white flour, alcohol and caffeine keep the body in a state of stress and inflammation. When we're stressed, we're more apt to reach for these kinds of things, creating a vicious cycle.

[To break the cycle](#) and also get the nutrients your body needs to fight stress, eat regular meals each day, making sure to get a good breakfast, try to skip the coffee, and trade the sugar for good quality proteins, whole grains, vegetables, fruits, and organic olive, sunflower and coconut oils.

Practice Mindfulness

[Mindfulness](#) effectively prevents and reduces stress. It can also help you slow down enough to observe your thought patterns – which is the first step toward changing them. Further, meditation helps to calm down the adrenal stress response which leads to that fight or flight feeling, and reduces your risk of developing more serious stress-related chronic diseases.

This is one of the best mindfulness practices I have ever learned.

Sit down, get comfortable and take a few deep breaths. Close your eyes if you can. On the next inhalation, which you will do to the count of 4, say to yourself "I am" and on the exhale to the count of 4 say to yourself, "at peace."

Repeat this cycle of inhalations and exhalations 3 times. This practice instantly improves my mood.



Exercise

There's nothing like getting your blood moving to help you de-stress. A brisk walk, 15 minutes of stretching, 5 minutes of vigorous dancing to your favorite song, or running up and down the stairs, can [clear stress hormones and put the mind at ease.](#)

For stress in the moment, change the scenery. Go outside for a few minutes, take a walk, or change your location. This change helps release stuck thought patterns.

Enjoy Life

It's so easy to forget that life is meant to be enjoyed. Too often we get stuck in situations and patterns and habits that cause us stress, and we stop doing the things we enjoy in life. But giving yourself permission to hit the pause button for long enough to do something that you enjoy can re-energize you, give you a fresh perspective, and can reboot your happiness. Laughter is one of the best gifts we can give to ourselves.

