



## 21 Steps To DeStress The Mess

1. Deep Breathing techniques are wonderful to learn to help reduce stress by lowering the cortisol levels and help to lower your blood pressure
2. Aromatherapy can be a good way to relieve stress. Try essential oils such lavender to help reduce stress levels. Burn the oils in a diffuser or use a soy scented candle.
3. Movement and exercise is a great way to get an endorphin rush and great way to reduce stress.
4. Black Tea – studies have shown that drinking black tea leads to lowering post-stress cortisol levels and greater feeling of relaxation
5. Music truly does help to relieve stress. Research shows that music can help in many ways and can assist in reducing stress that can lead to more serious health concerns.
6. Laugh it off. Laughter can reduce the physical effects of stress (i.e. fatigue) on the body.
7. Guided visualization is a way to reduce stress. Visualizing a calm or peaceful scene can help to reduce stress and ease anxiety.
8. Join a religious community surveys have shown a major underlying reason people practice religion is for stress relief. Studies have shown that practicing a religion can help to reduce stress.
9. Chew gum (sugarless) According to research chewing gum can reduce cortisol levels that can help to alleviate stress.
10. Massage is always helpful. Massage doesn't only help with pain but studies show that it can be very beneficial in fighting stress.
11. Self Hypnosis can help to reduce anxiety and stress. It is another form of meditation that can be quite helpful in reducing stress.
12. Having a healthy sex life can help to lower stress. Studies show that it can also lower blood pressure and be beneficial to your overall health.
13. Take a nap. Studies show a reduction in cortisol levels when you take



- a nap. Taking naps is also a great way to reenergize yourself and renew your spirit.
- 14 Hugging is definitely a way to reduce high blood pressure and stress levels.
  15. Get a pet. Believe it or not dog owners and pet owners in general have shown to be less stressed out. Having a “buddy” to cuddle helps you to relax and gets the endorphins going.
  16. Taking on a art project is a great way to relieve stress. More specifically doing anything creative with your hands is a great stress reliever. Gardening, knitting, crochet, playing an instrument all are great ways to relieve stress.
  17. Gratitude journaling can help you to focus on the positive things in your life and takes the focus out of more negative and stressful thoughts. Take time every day to write down a few things for which you are grateful. You will begin to feel less stressed and happier
  18. Walking can do wonders for stress relieve. It is a wonderful way to get exercise and to get around nature. Take your time, don’t rush and enjoy the outdoors..
  
  19. Kiss Someone! Research suggests kissing releases chemicals that ease hormones associated with stress, like cortisol. Forming positive relationships is also a key way to help reduce stress and anxiety.
  20. Relaxation from your fingers to your toes is key when reducing stress. Tense and then release each muscle group in the body (lower arm, upper arm, chest, back and abdominals, etc) Once the body is relaxed, the mind will be soon to follow!
  
  21. Try light Yoga. A combination of deep breathing and poses helps to reduce stress. Meditation is another great way to relax, lower your blood pressure, and ultimately improve your health