

# Quick and Easy Tips for Reducing Stress

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## **Recommended Resource**

**Meditation is a quick and easy way to lower your stress.**

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## **Stress – what is it?**

Stress can be a scary thing but it is also a self-creating thing. The more stress you feel, the less able you are to deal with the things that are stressing you, causing the stress to increase. This is a vicious cycle and the key to stress management is to not get into it in the first place. How do you do that? Well, there are many ways - we'll come to them in the different chapters of this book.

Stress comes in many shapes and forms. You can get stressed while driving if – for instance – someone cuts you up on the road.

You can become stressed for unhappy reasons – for instance if someone close to you falls ill or has a serious accident.

You can also become stressed for happy reasons – for instance, if you've just won the lottery.

Work conditions can introduce stress into your life. Some people thrive on being always busy, whilst others can become stressed just by watching those people.

There are probably as many ways to become stressed as there are people on this planet.

So, once you recognize that you are stressed, what can you do about it? Fortunately, there are lots of different ways to counteract the everyday stress that crops up in life. Most of these techniques are simple, cheap and – best of all – they don't involve potentially addictive drugs.

We'll be looking at these simple ways in the rest of this book.

## Take up Meditation

One of the most effective methods for managing stress is through meditation. This is a simple method of simply focusing the mind on nothing instead of focusing on everything that is stressing you out. It is not some sort of mystic trance or mysterious method. In fact, it is a simple method to help you strengthen your mind and learn to focus on the task at hand.

Though there are many deep levels of meditation, the best place to start is with simply closing your eyes and taking deep breaths while concentrating on your breathing. By paying attention to your breathing and really focusing on it, your mind will clear itself out and permit you to relax easily. This is best done every single day as a preventive measure rather than as a cure for stress. However, it can also be effective when you need to ditch some stress in a jiffy.

If you'd like to take meditation further, take a look at:

<http://www.loweryourstress.com/meditation.html>

You'll find a simple program that will take you through a handful of meditation and breathing exercises you can use to quiet the mind and increase your level of energy, health and enjoyment of life.

## **Count to 10**

It's what your mother always told you to do when you got angry!

And it's surprisingly effective.

The next time you get angry and feel your stress levels start to rise, slowly count to 10.

Out loud or under your breath – it doesn't matter.

For some simple forms of stress, or when you catch yourself early enough, you may find this is all you need to.

## **Take some deep breaths**

Take a nice, long, slow deep breath in.

Breathe in through your nose until your lungs are completely full.

Then hold your breath for a second or two, before slowly exhaling through your mouth until your lungs are totally empty.

Repeat this sequence a few times.

As your breathing becomes slower, you'll find yourself becoming more relaxed.

Like counting to ten, you're likely to find that this simple exercise is often enough to get rid of your stress in just a few short minutes.

## **Get Up and Walk About**

One of the best ways to help give yourself stress relief is with your feet. That is, if something is causing you all sorts of stress, you need to simply stand up and walk away from it. This will give your mind the break it needs to calm down and come to grips with the situation. Simply allowing it to stress you out more and more is just not a productive plan. So get up, walk away, and give yourself a break.

Once you have walked away, there are several things you can do for stress relief. One of the easiest things is simply cleaning the house. That's right, vacuuming, dusting, ironing, scrubbing the floors and cleaning the countertops will actually help you relieve stress. Simply organizing messes and cleaning away dirt will help you immeasurably. This is because you will be taking care of messes, much in the manner you want to clean up the messes in your life. By sweeping away the dust and grime, you will be taking charge of your own home and, in a way, removing the clutter from your life by removing the clutter from your home.

Or you could go for a walk. Ideally a walk in a park or somewhere else that you find peaceful and tranquil. But even a walk around the local streets will work. As much as anything, you're giving your mind something else to think about. And chances are, it will leap at the chance to allow itself to be distracted and calm down.

## **Get a Hobby**

Another method of stress relief is through a hobby. This can be model ship building, stamp collecting, or any number of other means to help you keep your mind off of things. Likewise, woodworking or even fishing can help you get some stress relief and clear away the fog of anxiety that can arise from the stresses of everyday life. By focusing on something other than what is pressing you, you can get rid of those piling stresses that threaten to take you over. Hobbies give your mind something to concentrate on. And by concentrating on something completely meaningless, your mind can finally relax and let go of the pressures that build up with every little concern.

## **Take up a Sport**

For those who like to be a little more active, playing a sport is a great way to relieve stress. Just going outside, kicking a ball around, shooting some hoops or joining a league can give you stress relief through simple physical exertion. These activities will keep your body active and provide some necessary relaxation to your mind.

You'll also meet up with like minded people and probably widen your social circle in the process. Which means you'll have more friends on hand to help you out when you feel stress coming along to put pressure on you.

## **Write a Diary or Journal**

You can also get stress relief through writing. By concentrating on what is on your mind and putting it down on paper, it allows the stress to have an outlet. It puts your concerns into words and those words can be either kept or discarded. This is particularly effective for people who don't have anyone to talk to and need to tell someone about what is going on or even what is going wrong. So keep a diary or a journal and let yourself get rid of your stress by putting ink onto a page.

## **Find Out What Works Best For You**

The single most important method of stress relief is finding the method that works for you. Many people like to take a nice hot bath to get rid of stress. Some enjoy playing with a pet. Others find excellent stress relief through meditation. It doesn't matter what you do, just make sure it works and then make sure that you do it.

Stress relief is hard to find, but it is necessary in the hectic lives that we lead. But many other people have managed to rid themselves of their concerns for a little while and get on with their lives. Stress does not need to overcome you and, though it may seem like a monumental task, it can be removed. So find a way to relax and make sure that you do it. Once you learn how to remove your stress, you will find that you are much happier and much more productive and much more able to deal with the issues that can cause stress every single day.

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