

25 Ways To Reduce Stress

you can keep stress from building up inside you by employing stress reduction techniques on a daily basis. Try these strategies to help keep your stress at bay.

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- Share a meal with those you love

 - Take some deep breaths

 - Walk

 - Sing out loud

 - Lay down

 - have a good cry if you feel like you need to

 - Ask your kids about their day

 - Take a break from your challenges

 - Go out for an evening with your partner or friends

 - Get out into nature

 - Listen to music

 - Let it go

 - Go to the gym to workout

 - Give yourself a break. Remind yourself that nobody's perfect

 - Talk to someone about your stress

 - Exercise with a DVD

 - Journal your feelings

 - Get lost in a good book

 - Watch your favorite comedy on tv or rent a funny movie

 - Call a relative

 - Call a counselor

 - Go to the movies with friends

 - Play with your kids

 - Cook something

 - Use visual imagery to watch your stress drain from your body or float up, up and away
