

13 Tips for reducing stress

1. Keep a positive attitude. Turn around negative thoughts into positive thoughts.
2. Accept that there are events that you cannot control. Take 3 slow deep breaths before reacting.
3. Be assertive instead of aggressive. Assert your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.
4. Learn and practice relaxation techniques; try meditation, yoga, or tai-chi.
5. Exercise regularly. Your body can fight stress better when it is fit. Exercise also releases happy hormones into the body.
6. Eat healthy, well-balanced meals.
7. Learn to manage your time more effectively.
8. Set limits appropriately and say no to requests that would create excessive stress in your life.
9. Make time for hobbies and interests.
10. Get enough rest and sleep. Your body needs time to recover from stressful events.
11. Don't rely on alcohol, drugs, or food to reduce stress. Ease up on caffeine, too. Everything in moderation.
12. Seek out social support. Spend enough time with those you love.
13. Seek treatment with a kinesiologist, psychologist or other mental health, natural therapy professional trained in stress management or biofeedback techniques to learn more healthy ways of dealing with the stress in your life.