

# 20 Ways To Reduce Stress *Immediately*

**Are you sick and tired of stress? These 20 tips are quick, easy to implement and will make a *HUGE* difference to your lifestyle and happiness...**

# **Tip #1**

## **Take Stress Seriously**

**Stress really does ruin lives. Recognize this and take it seriously; to the point even where you might start choosing your career and lifestyle *around* the aim of minimizing stress.**

# **Tip #2**

## **Use a Daylight Alarm**

**One of the worst things for stress is your morning alarm which startles you awake. Try swapping it for a daylight lamp that will gradually get brighter in the morning!**

# **Tip #3**

## **Exercise!**

**Want to reduce stress in the long *and* short term? Exercise! This will increase the production of feel-good endorphins which act as natural anxiolytics (stress relievers).**

# **Tip #4**

## **Talk to People**

**As they say, a problem shared is a problem halved. What's more, social time is great for more natural stress busting.**

# **Tip #5**

## **Learn to Enjoy Your Downtime**

**This is one of the biggest challenges for those who have become addicted to stress. Learn to actually enjoy your time off!**

# **Tip #6**

## **Have 30 Minutes at the End of the Day**

**This will help you  
to decompress and to relax and will ensure  
you sleep better.**

# **Tip #7**

## **Eat Tryptophan**

**Tryptophan is a chemical precursor to the feel-good hormone serotonin. It's found in foods like poultry among other things.**

# **Tip #8**

## **Try the Pomodoro Technique**

**Got a lot of work to do? Keep procrastinating? Set a timer for 25 minutes, work during that time, have 10 minutes off. Repeat.**

# **Tip #9**

## **Outsource and Delegate**

**Most of us just take on too much, it's no wonder we're stressed! Fix this by outsourcing your work or delegating. There's no shame in it.**

# **Tip #10**

## **Use Thought Challenge**

**Often our fears are unwarranted. Challenge your beliefs.**

# **Tip #11**

## **Have Contingency Plans**

**Think about your worse fears and come up with contingency plans for each.**

# **Tip #12**

## **Change Your Commute**

**The commute is one of the most damaging parts of the day. Fix your commute by going earlier or doing a lift-share.**

# **Tip #13**

## **Stop Drinking Coffee**

**Coffee is essentially stress in a cup. Cut it out.**

# **Tip #14**

## **Learn Mindfulness**

**This is an incredibly useful technique for lowering your stress levels and is highly recommended by healthcare professionals.**

# **Tip #15**

## **Don't be Persuaded**

**Our employers, our colleagues and our society tries to teach us that work is synonymous with being a good person.  
Don't buy into it.**

# **Tip #16**

## **Get a Massage Chair**

**A massage chair can deliver massages on demand and is great for stress relief!**

# **Tip #17**

## **Or Have a Hot Bath**

**The next best thing? A hot bath with some muscle soak thrown in for good measure.**

# **Tip #18**

## **Learn to Compartmentalize**

**When you're not at work, don't worry about work. If you can't fix your money now, don't think about money.**

# Tip #19

## Close Open Loops

**If there's a small, stressful job you need to do, then get that out the way *first* to feel better.**

# **Tip #20**

## **Breathe!**

**Breathing is the best short-term fix to stress. Focus on your breathing and you'll activate the parasympathetic nervous system and instantly feel calmer.**