

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.