

9 Stress Management Techniques

1. Adopt A Positive, Optimistic, And Grateful Mindset



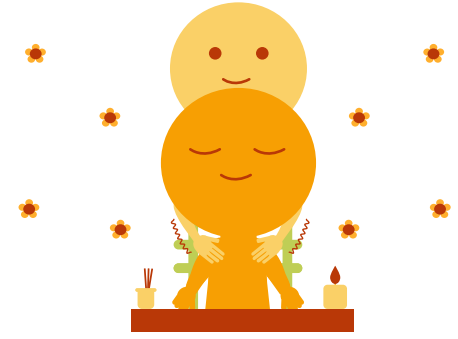
Studies show that when people have an optimistic or grateful mindset it helps to reduce stress chemicals in their brain and improve their mood.

2. Be Active



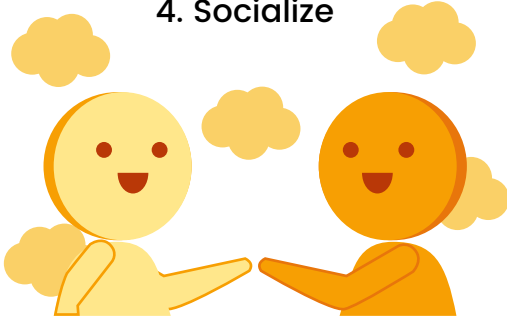
Exercise, move your body, go for a walk, and get out in nature.

3. Relax Your Muscles



Yoga, progressive muscle relaxation, stretching, and massaging your neck and shoulders are excellent ways to relieve muscle tension in your body.

4. Socialize



Connect in-person with friends, family, colleagues, or other people in the community with similar interests. Volunteer, or do acts of kindness for others.

5. Avoid Unhealthy Habits



Avoid managing stress with alcohol, smoking, caffeine, or unhealthy eating. Focus on eating healthy, drinking plenty of water, getting good sleep, and regular exercise.

6. Have Some "Me Time"



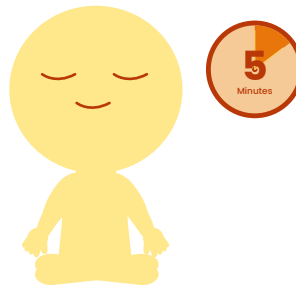
Take breaks to pause and relax. Take a vacation from work. Sit in solitude and be grateful for the moment.

7. Deep Breath-



Practice regular belly breathing to help relax your brain and body. Try 4-7-8 breathing, square breathing, or a breath count that you find

8. 5-Minute Meditation



Take 5 minutes out of your day to close your eyes and calm your mind through mindfulness, guided meditation, visualization, or guided imagery.

9. Digital Detox



Take breaks from social media, smartphones, computers, and other digital devices. Avoid negative news and social media first thing in the morning, and screens late at night.