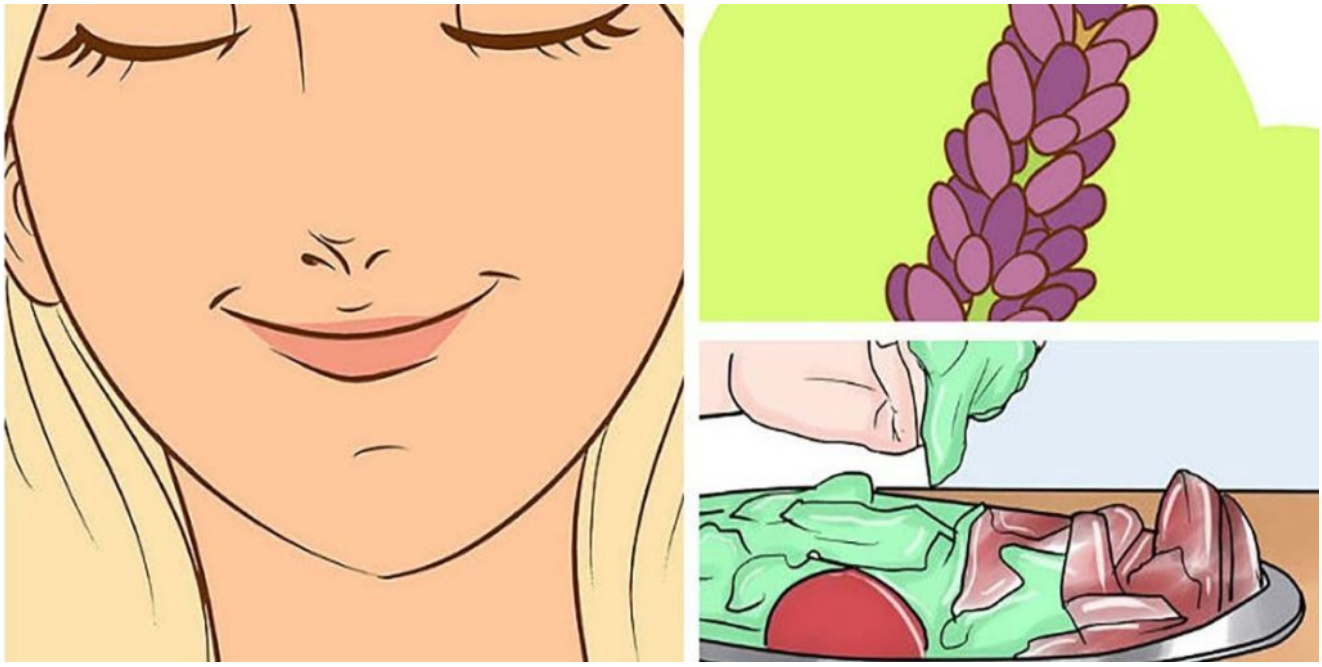
HEALTHY TIPS

Naturally Reduce Cortisol & Beat Stress & Anxiety in 5 Minutes

By bestfolkmedicine · 26/08/2018 · 2 min read



As noted on Life Advancer, the cortisol levels in your body can be easily reduced; the key is to know the right way to address stress and anxiety. As you may already know, excessive stress or anxiety can contribute to a higher secretion of cortisol, i.e. more stress.

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This being said, today's article will be focused on helping you learn the impact that high levels of cortisol has on the body and show you the best five methods to keep it balanced.

Cortisol Explained

Cortisol is a type of hormone which is produced in the adrenal glands. Its secretion is regulated by these glands, as well as by the pituitary one and the hypothalamus. When there is excessive presence of cortisol, it may cause damage so it is essential to maintain the cortisol levels regulated at all times.

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As explained on Life Advancer, cortisol plays a pivotal role in the regulation of the metabolism, pregnancy, and the blood sugar levels so we all need it to survive. When one is experiencing less anxiety and stress, the cortisol levels are being kept at a normal level.

Best Techniques to Decrease Cortisol Secretion

1. **Activate the left side of your brain**

When you are feeling stressed out or anxious, you should not rely on the right side of the brain which tends to let our emotions control us. Instead, you should redirect your thinking to the left side; you can do this with a simple movement of your right hand. Whenever you feel overwhelmed, clench the right fist over and over to symbolically activate the left side of the brain and feel calmer and more stable.

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2. **Recognize your stressors**

Different people experience different stressors so it is important to learn yours and pay attention to them so that you can cope with them as soon as possible to avoid further damage.

3. **Take a nap**

Sleep gives us an amazing opportunity to shut down our mind for a bit and give the body time to relax. So, whenever you feel anxious or stressed out, you can always lie down, play some pleasant music, unwind, turn on your humidifier, and relax and enjoy.

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4. **Turn stress into excitement**

When you feel upset and nervous about a situation or out of nowhere, you should find something productive to do. This can be anything from cleaning your room to exercising or riding your bike. In this way, you will be able to shift your focus and turn the negativity into positivity. Although it may be challenging at the beginning, you will soon realize how beneficial this method actually is.

5. **Try visualization**

Specific calming images, calming music, and pleasant scents can all be of great aid in reducing anxiousness and depression. So, the next time you feel stressed out, imagine a forest or a mountain in front of you to calm down or try aromatherapy with essential oils like lavender or roman chamomile.

Sources:

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