HEALTHY NEWS

The Best Stress Relief Methods for a Calmer Mind & Body

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Whether it's a minor challenge or a big crisis, stress is part of the human experience. Although we can't prevent it from happening always, we can adjust how we respond to daily stress.

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This is pivotal if we take into account that stress can become chronic and overwhelming. Its effect on our overall well-being and health is major.

By knowing the right way to address stress, we can calm the mind and soothe the body.

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The Best Stress Relief Methods for a Calmer Mind & Body

No matter what's causing stress in your life at the moment, there are some helpful stress reduction methods you can rely on.

They can be done anywhere, take little practice, are free of charge, and provide instant relief.

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Check out the best ones below.

1. **Meditation**

When we meditate, we can relieve stress both short-term and long-term.

You can choose between different types of meditation. Each of them is one-of-a-kind and has its benefits and appeal.

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For example, you may have a mantra that you repeat in the mind while breathing deeply or practice mindfulness which is focusing on the present moment and paying attention to the touch, smell, taste, etc.

2. **Guided imagery**

This method is like a vacation in the mind.

It may include imagining yourself in the happiest place. For example, this could be you sitting on the beach or talking to your favorite person.

To practice this technique, close your eyes and walk through some scene that triggers peace in you.

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Think about the sensory experience you'll feel there and allow your mind to feel as if you're actually there.

After several minutes, you can open your eyes and get back to the present moment.

3. **Focus on the breath**

The focus on breathing or changing how we breathe can help us manage our overall level of stress.

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These breathing techniques help calm the brain noise, even if it's only for several minutes.

Whether it's a stressful meeting or a crowded place, you can do this anywhere without anyone knowing you're actually doing it.

One of the simplest techniques is to breathe through the nose and see how the belly is filling up with air.

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Then, count to three as you're inhaling. Hold the breath for a second and then gradually breathe out while counting to three.

4. **Go for a walk**

Exercise is one of the best ways to decrease stress.

A simple walk in nature will help you change scenery and put your mind in a different frame, but you'll also benefit from the physical activity itself.

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This could be a simple walk in the office when you're feeling anxious or a long walk after work, along with your pet and friends.

This will help rejuvenate the body and mind.

5. **Learn how to talk to yourself positively**

Positive self-talk is pivotal for stress reduction. How a person speaks to themselves is important.

Too much doubt, negative talk, and catastrophic predictions won't calm the mind.

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Learn how to approach yourself more realistically and with compassion. Lead a kinder inner dialog and this will help you create a healthier outlook.

Sources:

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