



Stress relief

tips that can be done
in 10 minutes (or less)

While the stressors of life are inevitable, it's important to note that stress can have a negative impact on your health. That being said, learning how to handle stress in a healthy way is key to your overall well-being. Try these helpful stress relief tactics:





Focus on your breathing

When we are stressed, our body releases stress hormones that activate the sympathetic nervous system—triggering a stress response. Breathing exercises can help you slow your heart rate, which will signal your brain to stop releasing these stress hormones.



Use aromatherapy

Essential oils such as lavender, ylang ylang, and bergamot have calming effects that are known to promote relaxation, improve sleep, and reduce anxiety.



Take a walk outside

Going for a walk helps loosen the built up tension in your muscles and releases endorphins. Spending time in the sun will help your body produce more vitamin D—a vitamin that helps regulate your mood.



Keep a journal

Journaling is a great way to clear your mind, process your emotions, and organize your thoughts. Some may journal to vent their feelings while others use it to practice gratitude. Using your journal to write down what you're grateful for is a great way to help keep a positive mindset, and in turn, lower your stress levels.



Laugh

They say laughter is the best medicine for a reason! Take a moment to watch a funny video or call a friend that makes you laugh—it's hard to feel stressed when you're laughing.



Spend some time with your pet

When you interact with your pet, your brain releases a chemical called oxytocin—a stress-busting hormone that promotes a positive mood.

More resources for you

For more quick tips, videos and downloadable resources to help you stay healthy and happy, visit <https://wecaretlc.com/resources/>.