

Tips to De-Stress your Life...



1. Make Up Your Mind to Get and/or Stay Healthy

Taking control of your personal health can make a great difference in the amount of stress you feel. The best way to reclaim control of your life is by taking charge of your body. Whether it is through diet, exercise, or simply getting that checkup you've been putting off, put yourself back in control.

2. Make a Change

It can be as simple as clearing the clutter off your desk or as elaborate as taking a well-deserved vacation, the important thing is that you do something different. Even a small change can make a big difference when it comes to stress.

3. Focus on Now

Most folks live their entire lives in yesterday or tomorrow. In truth, there is only Now. Focusing on this perfect moment, right now, provides an escape from the disappointment of what once was and the fear of what might be, and leaves stress stuck in a time warp.

4. Talk to Yourself

Sometimes a good pep talk is all that is needed to keep stress at bay. Maybe it is high time you gave yourself one by affirming what is right with your life instead of dwelling on what's wrong.

5. Get the Giggles

It's true; laughter really is the best medicine. Watch a funny show or video, tell a funny joke, or go to a card shop and read funny cards. Whatever it takes, give yourself time for laughter each and every day.

6. Meditate

A still mind is a stress-free mind, so take a deep breath, quiet your thoughts and let the stress melt away. Even ten minutes of meditation done daily for the next 30 days will do wonders for releasing stress in your life.

7. Put a Positive Spin on It

No matter what challenge you may be facing, do your best to think about it positively and then let that new positive mindset become your focal point.

8. Help Someone Else

Sometimes the best way to deal with stress is by providing relief to someone else. Putting your focus on others takes the focus off your own challenges leading to less rumination and stress. So look around you, see who needs a hand up, and then offer yours.