

8 Ways to Stress Less

We all feel stress at one time or another. In fact **34%** of people say that their top source of stress is their job.* Other sources of stress include money (**30%**) and health issues (**17%**).* While some people freak out at the smallest thing, others stay cool regardless of the severity of the event. Here are some ways to keep your head when stress puts you in a panic.

*Source: Real Simple

1 Exercise

Regular moderate exercise has been shown to reduce stress and make us more resistant to it.

2 Have fun

People who participate in sports or other leisure activities have lower blood pressure and cortisol levels.

3 Choose your reaction

In every situation, we have a choice: We can let the stress consume us or we can see it as a new challenge and focus on the positive. It's best for our health and sanity to choose the latter.

4 Relax wisely

Instead of spacing out in front of the television, go for a walk, do yoga or dance in your living room.

5 Sleep

Try to get 7 to 8 hours of sleep a night. If this isn't possible, take a 10 minute nap during the day; any longer can disturb your sleep cycle.

6 Breathe

In times of stress, we tend to take quick, shallow breaths. Try to focus on your breath and take longer, deeper breaths.

7 Worry... but only for 10 minutes

Set a timer and give yourself a limited time to worry. Think of all the possible outcomes of a situation. Once the timer goes off, let it go and visualize the positive.

8 Put things into perspective

Sometimes the things we stress over the most won't matter in five years. Think about the big picture to help you turn mountains back into molehills.

