

## 10 RELAXATION TECHNIQUES THAT ZAP STRESS FAST

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**Relax. You deserve it, it's good for you, and it takes less time than you think. Each of these stress-relieving tips will take less than 15 minutes.**

### **Meditate:**

A few minutes of practice per day can help ease anxiety. Sit up straight with both feet on the floor. Close your eyes. Focus your attention on reciting a positive mantra such as “I feel at peace” or “I love myself.” Place one hand on your belly to sync the mantra with your breaths. Let any distracting thoughts float by like clouds.

### **Breathe Deeply:**

Take a 5-min break and focus on breathing. Sit up straight, eyes closed. Slowly inhale through your nose, feeling the breath start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your mouth.

### **Be Present:**

Slow down. Take 5-min and focus on only one behavior with awareness. Notice how the air feels on your face when you're walking, etc.. When you spend time in the moment and focus on your senses, you should feel less tense.

### **Reach Out:**

Talk to others – preferably face to face, or at least on the phone. Share what's going on.

### **Tune In to Your Body:**

Mentally scan your body to get a sense of how stress affects it each day. Lie on your back, or sit with your feet on the floor. Start at your toes and work your way up to your scalp, noticing how your body feels.

### **Decompress:**

Place a warm heat wrap around your neck and shoulders for 10 minutes. Close your eyes and relax your face, neck, upper chest, and back muscles. Remove the wrap, and use a tennis ball or foam roller to massage away tension.

### **Laugh out Loud:**

Lighten up by tuning in to your favorite sitcom or video, reading the comics, or chatting with someone who makes you smile.

### **Crank Up the Tunes:**

Listening to soothing music can lower blood pressure, heart rate, and anxiety.

### **Get Moving:**

All forms of exercise can ease depression and anxiety. Go for a quick walk around the block, take the stairs up and down a few flights, or do some stretching exercises like head rolls and shoulder shrugs.

### **Be Grateful**

Keep a gratitude journal to help you remember all the things that are good in your life. Don't forget to celebrate accomplishments like mastering a new task at work or a new hobby.

**Sources:** WebMD