



10 Natural Ways to Reduce Stress

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Stress is something that affects everyone. Stress does serve a purpose and there's even such a thing as *good* stress. However, when you feel like your stress is getting out of hand, ***the best thing you can do for your body is to look for natural stress relievers.***

Here are some techniques you can use to reduce your stress level:

- 1. Practice yoga and meditation.** Yoga and meditation are ancient arts that have been proven to work. They can be practiced separately or together. When you connect the mind, body, and spirit in a healthy, peaceful fashion you feel more relaxed and rejuvenated.
- 2. Enjoy the benefits of green tea.** Green tea is a natural herb that you can drink or take in capsule form. ***It's loaded with beneficial antioxidants to help you achieve a healthy lifestyle.*** It's a natural stress reliever and helps boost metabolism to energize you. It may even help with weight loss.
- 3. Go for a walk.** Many people think that going for a walk is only good for your physical fitness. However, walking can benefit you spiritually and mentally as well. Staying even moderately active increases oxygen levels in your brain, which also improves your mental state. Plus, a 20-minute walk gives your mind a chance to reflect and rejuvenate.
- 4. Keep a diary.** Keeping a diary can help you unload your thoughts in a private manner. ***You have the benefits of knowing that your secrets are safe and you can still vent in the process.*** Venting on paper just might prove to be a great stress reliever.

5. **Try aromatherapy.** Many herbs can be used in aromatherapy to calm you in a natural way. Try lavender, rosemary, or peppermint for some popular choices.
6. **Get a full body massage.** A massage is a great way to relax your muscles. It also helps to get blood flowing properly throughout the body, which naturally reduces stress.
7. **Listen to music.** You may want to try some traditional relaxing music such as classical or world music. However, everyone is different, so ***experiment with different types of music that you might find relaxing.***
8. **Use stress-reducing herbs.** Herbs are affordable, natural, and a great way to relieve your stress. There are many herbs that have been known to ***promote calmness and overall feelings of well-being.*** Some of them include chamomile and St. John's Wort.
9. **Take a warm bath.** Taking a warm bath is beneficial to your body and mind. The warmth will help your body relax while the peaceful time to yourself will help you achieve a balanced mindset.
10. **Do something funny.** The saying "*laughter is the best medicine*" is no joke! Laughing can definitely help you to relax and therefore reduce stress. Do something you personally find funny, like going to a comedy show or hanging out with a good friend.

You'll soon find that there are endless possibilities for natural ways of reducing your stress. Your job will be to find out what works best for you personally. As long as you take time out of each day to take a break and unwind, you'll be well on your way to reducing your stress.