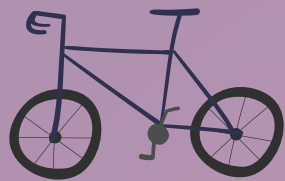




9 simple habits to reduce stress and relax!

Create your healthy routine



Exercise everyday

It takes only 15-30 minutes of moderate exercise to enhance your mood - yoga, walking, cycling, dancing...



Eat foods that reduce stress

Avocado, almonds, dark chocolate, spinach, salmon, oatmeal, green tea



Get some sleep

REM sleep reduces the levels of stress hormones

Restore your mindfulness



Spend time outside

Go for a walk, hike in the woods, appreciate nature. Studies on «forest bathing» show it decreases levels of anxiety!



Focus on your senses

Meditate a few minutes a day. Breathe in and out. There is a correlation between counting your breaths and having a positive mood.



Take more baths and get massages

Indulge yourself! Allow yourself some moments of peace and pleasure. It's good for your mind and health.

Do things that feel good



Engage in a creative activity

45 minutes of creative activities reduces stress.



Read books and listen to music

Stress declines by 70% after reading for just 5 minutes!



Try a digital detox

Heavy users of video games, social media, and the internet are 5x more likely to suffer from depression

BONUS!



Look at the bright side - laugh your head off!

Laughter releases hormones known to reduce stress, boost immunity, and strengthen social relationships.

Pet your pet

If you have a pet, you already have one of the best stress relievers! Petting an animal increases the levels of stress-reducing hormone (oxytocin) and decreases the stress hormone (cortisol).

