

Samreen's Top Tips to Reduce Stress and Eliminate Burnout



#1 Exercise

There's nothing like exercise to boost your confidence, decrease stress, and make you feel GREAT because it naturally bumps up the production of endorphins, your body's "feel-good" neurotransmitters. Aim for exercising 30 to 60 minutes most days of the week. Choose an activity you genuinely enjoy, and you'll be more motivated to do it.

#2 Meditate Regularly

Growing evidence shows that meditation, combined with deep breathing exercises, can reduce stress, relax the nervous system, and even decrease inflammation. In addition, meditation produces a physiologically calming effect to help you stay grounded in the present and thus alleviate anxiety about the future or the past.



#3 Prioritize Tasks



Some things must get done right away, but others can wait until you have more time and energy. If you tend to run out of hours in the day for all the things you need to do, don't add anything new! Instead, relieve the pressure of an overloaded schedule by evaluating your existing commitments.

#4 Get Enough Sleep

Prioritizing your sleep is one of the best things you can do to decrease stress! Numerous studies show that adequate sleep reduces stress, improves cognitive health, decreases depression, and fosters a robust immune system.



#5 Cultivate a Positive Mindset



A positive mindset can improve your life in numerous ways and provide many health benefits such as decreased stress, anxiety, and depression, plus improved longevity! Conversely, scientific studies report that negative emotions can weaken the immune system. Which mindset will you choose today?