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10 Ways to Reduce Stress

by [Catie Martin](#)

You have a term paper due, issues with family and friends, and several tasks to juggle at work. Everyone goes through stressful times; however, knowing how to manage stress is important.

Take a look at these ten tips to reduce stress:

1) Mediate for 5+ minutes every day

Adjust your posture to sit with your back (or spine) straight up. You may sit on the floor or on a chair. Try to clear your mind of all problems. Try to overcome any emotions by relaxing your body, muscles, and mind. Count to up to five slowly and then count down to five slowly. Take deep breaths throughout your mediation session. Make sure you mediate in a quite environment. [Click here](#) to listen to a ten minute guided meditation.

2) Eat Healthy

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Nutritious food fuels your body and mind! Load up on fruits, veggies, and whole grains.

Get your heart pumping! Go for a walk, play basketball, dance!

4) Take a Warm Shower or Bath

You can add essential oils to your bath to relax even more.

5) Drink Herbal Tea

A hot cup of herbal tea is a great way to start or end your day. Try chamomile or mint. Sweeten with honey.

6) Get a Massage

Can't afford a professional massage therapist? Ask a friend or family member to rub your shoulders and neck for a couple of minutes to release tension.

7) Sleep

Get at least 8 hours of sleep a night. Take short naps (no longer than 30 minutes) to reenergize yourself during the day.

8) Laugh

A good laugh can actually cool down your stress response. Find a funny friend or watch your favorite comedy to get the laughter going!

9) Talk to a Friend or Family Member.

Just talking with someone else about your worries or struggles can help to relieve stress. Find someone you trust and set up a time to chat. talk to a professional.

10) Talk to a professional.

At the Corner we have therapists who will listen to what you are going through and help you practice strategies to cope with stress. Click here to make an appointment at the Corner.

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About Catie Martin

Catie Martin, LMSW is the Corner Health Center's in-house improv master and therapist extraordinaire. Little known fact: therapists with a sense of humor are better than therapists without a sense of humor.

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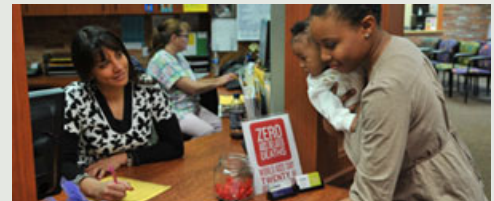
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