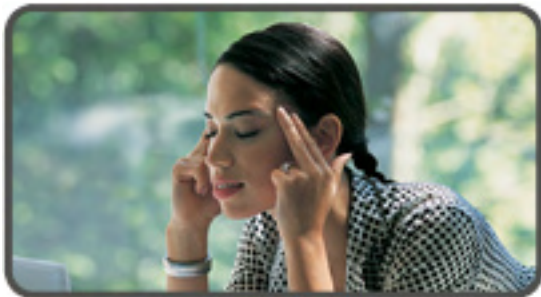


5 Stress Less Tips

Exercise

When you find yourself in stressful circumstances, one of the most effective antidotes is to get moving. Go for a brisk walk or run or even break out the skipping rope. Find an activity you enjoy and is easily available and discover what works best for you.



Breathe

You breathe all the time, but if you're stressed, try relieving the stress by closing your eyes, imagining yourself relaxing somewhere pleasant and taking several slow, deep breaths, relaxing your muscles as you do so.

Drink Up

Tea, that is. Herbal teas like mint and chamomile have a soothing effect. And if you like black tea, research shows that people who drink black tea recover more quickly from stressful events than those who don't. As black tea contains caffeine, just don't drink too much!



Be Unrefined

And eat plenty of unrefined carbohydrate-rich foods. These include brown rice, whole wheat products, oats, corn, pumpkin and root vegetables. All of these foods boost the calming brain chemical serotonin.

Have a Chuckle

When we laugh and smile, we increase the blood flow to the brain and release endorphins, the happy hormones. So find something that amuses you and have a laugh.

