25 guaranteed ways to relieve stress:

- Breathe deeply three times focusing on nothing else but just that. You will slow the heart rate and balance hormones.
- Sing your favorite song. I might not have a Celine Dion voice but I manage to breathe more fully and through that the blood oxygen level increase.
- Sit or stand with your back as straight as you can. When you stand with your shoulder pushed to the, the chest is open and you can breathe easier. I’ve learnt that from yoga.
- Chew some gum. The movement will relax your jaws helping you relax.
- Take a break in terms of thoughts and worries. Look at the picture of a loved one or a beautiful landscape and focus on those things and forget about the rest for a few minutes.
- Use your whole strength when you yawn. Breathing deeply will help relax the muscles. Sometimes it helps if you force yourself to yawn.
- If you’re at home go lying on your bed with your knees bent and stay like this for a few minutes.
- Let the sun refresh you. Turn your face to a window, close your eyes and allow yourself to be delighted by the warmth and natural light for a few minutes.
- When you sit down, tighten your entire body for 10 seconds, then relax. Do that a few times, you’ll feel better afterwards.
- Try the screaming therapy. When you’re in the car and play loud music or you’re at home where no one can hear you (screaming in a pillow works just as fine), scream and release your negative feelings.
- Peel an orange or a lemon and inspire its scent. It will give you a good feeling.
- If your heart beats too fast, listen to a soothing song.
- Brush your teeth. The sensation of freshness will make you feel more energetic.
- Take care of a plant. Remove the dried leaves, clean the dust or water them, it will help you relax.

![Image of plants]

- Call a friend who will listen without judging you.
- Search the Internet for funny movies or videos. Laughter increases the hormone of happiness and you reduce the stress.
- Eat a bowl of oatmeal. Carbohydrates help produce serotonin, the happy hormone.
• Plan your dream vacation, even if you won’t have one soon. This activity will make you forget about problems and think of something pleasant, increasing your dose of optimism.
• Several times a week, give up the strict habits and rules you have implemented in the house. Let your partner do the bed and dishes for example and don’t feel guilty.
• Use rituals that you know can relax you like drinking a cup of tea in the morning with no rush, or do a brisk walk every night or listen to favorite music.
• Watch the amount of caffeine. If you drink it excessively in the afternoon, at night time you will not be able to rest well and in the morning you’ll be tired. That adds up to your already there stress. Drink green tea and have a small piece of chocolate instead.
• Connect with nature. Open the curtains and watch the sky and the clouds (if any) for 1-2 minutes. Or pick some vegetables if you’ve got a garden.
• Keep your friends and family close. Spiritual connection between people you care most about will give you a good mood.
• When you’re too stress, you get muscle pain. To relieve the pain, put a vinegar patch around those areas, a few minutes before your bath.
• Take a long bath with warm water, not hot. Pour a liter of milk and a few drops of essential lavender oil, close your eyes and think of nothing but the wonderful scent surrounding you. Your skin will thank you too.