

15 WAYS TO DE-STRESS

SO YOU CAN GET BACK AFTER IT

1 HYDRATE

Stay hydrated with #OverachievingH2O to support proper brain function and support a healthy state of mind.

2 SHOWER

Take a hot shower. The negative ions dispelled increase your body's stress-reducing chemicals.

3 MOVE

Raise your heart rate. Even just going on a walk pumps up endorphins and enhances well-being.

4 EAT

Eat a healthy diet. Be sure to include a variety of fruits and vegetables and whole grains.

5 DECAF

Cool it on the coffee. Too much caffeine ramps up your nervous system.

6 LAUGH

Laugh more. Watch a funny movie or hang out with friends. Laughing reduces your body's stress response.

7 SLEEP

Get enough sleep. Put down the screens at bedtime and try for 8 hours of sleep to let your body and mind recharge.

8 MUSIC

Put on some tunes. Music is a mental distraction, reduces muscle tension and decreases stress hormones.

9 WRITE

Keep a journal. Expressing your worries as well as what you're grateful for can help keep things in perspective.

10 MEDITATE

This can be done anywhere along with deep breathing to help quiet unhelpful thoughts.

11 DELEGATE

When your plate is too full, it's stressful. It's okay to say no to one more task or to ask for help.

12 HUG

Hug it out. Whether it's hugging a human or an animal, hugs release oxytocin in your body, lowering stress.

13 SCENTS

Bring on the peppermint. Certain oils, especially peppermint are known to be useful for relieving anxiety.

14 CREATE

If you're not an artist or a painter, even coloring in patterns can have a meditative effect.

15 THINK

Think positive. If you catch yourself thinking, "There's no way I can do all this," try rephrasing as, "I'm going to do what I can and that's fine."