

Got Stress? Try these.

1. Deep Breathing

Mental stress activates your sympathetic nervous system, signaling your body to go into "fight-or-flight" mode. During this reaction, stress hormones are released and you experience physical symptoms such as a faster heartbeat, quicker breathing and constricted blood vessels. Deep breathing exercises can help activate your parasympathetic nervous system, which controls the relaxation response.

2. Exercise

Exercise is one of the most important things you can do to combat stress.

Stress hormones: Exercise lowers your body's stress hormones — such as cortisol — in the long run. It also helps release endorphins, which are chemicals that improve your mood and act as natural painkillers.

3. Reduce Your Caffeine Intake

Caffeine is a stimulant found in coffee, tea, chocolate and energy drinks. High doses can increase anxiety.

4. Write It Down

One way to handle stress is to write things down.

Gratitude may help relieve stress and anxiety by focusing your thoughts on what's positive in your life.

5. Gratitude Journal

Focusing on gratitude can create immediate relief in your body and improve your immune function

6. Chew Gum

For a super easy and quick stress reliever, try chewing a stick of gum.

7. Connect With Friends and Family

Social support from friends and family can help you get through stressful times, especially when friends and family member can practice active listening, empathy, co-creative problems solving, and uplifting one another. Get free tools to support these skills at www.LovesmartCards.com and www.CNVC.org

8. Laugh

It's hard to feel anxious when you're laughing. It's good for your health, and there are a few ways it may help relieve tension by relaxing your muscles, and in the long term, laughter can also help improve your immune system and mood.

9. Learn to Say No

Not all stressors are within your control, but some are. You can set boundaries with compassion.

10. Learn to Avoid Procrastination

Another way to take control of your stress is to stay on top of your priorities and stop procrastinating.

Get in the habit of making a to-do list organized by priority. Give yourself realistic deadlines and work your way down the list. Work on the things that need to get done today and give yourself chunks of uninterrupted time, as switching between tasks or multitasking can be stressful itself.

11. Take a Yoga Class

Yoga has become a popular method of stress relief and exercise among all age groups.

Core Power Yoga is offering free online yoga classes during this time of social distancing.

12. Practice Mindfulness

Mindfulness describes practices that anchor you to the present moment. There are many guided meditations available on YouTube and mobile apps. Try to avoid or limit your time on social networking apps and the news.

13. Cuddle

Whether it's someone you are living with, a pet, or a pillow, cuddling up can give comfort.

14. Listen to Soothing Music

Listening to music can have a very relaxing effect on the body.

15. Sing or play an instrument - or both!

Singing creates an internal vibration that calms the body and uplifts the spirit.

16. Spend Time With Your Pet

If you have a pet, they can be wonderful to spend time with.

17. Do a creative project

Whether it is drawing, dancing, painting, sculpting, gardening, writing, photography, digital arts, or creating helpful resources for others, creativity is a wonderful way to channel change.