

Healthy Ways to Cope with Stress

Meditation

Meditation is an extremely calming activity, directly linked to a decrease in stress. It helps you align yourself and bring your body into a state of relaxation. Other benefits include; less anxiety, increase of creativity, protection against mental health conditions, increase of memory recall and better processing emotions.



Exercise

Exercise helps to relieve stress in a variety of ways, targeting different reasons as to why you may be stressed. It's also a great way to distance yourself from your everyday life and take an hour to clear your mind, allowing you to come back in an improved mental state. Benefits include; reduced anxiety, increased brain power, increased self esteem, improved sleep, and increased energy levels.



Time in Nature

Stretching your legs and getting outside can reduce stress with great power. It's amazing what a simple breath of fresh air can accomplish – we call this Vitamin N for Nature! You could go on a walk or hike, or simply read a book. You get to decide what's best. Benefits include; reduced anxiety, improved mood, improved focus, disconnect, and improved creativity.



Sleep Well

Sleep is good for any and every aspect of your life, however getting a good sleep can greatly decrease stress levels. Benefits include; increased memory skills, increased creativity, stronger immunity against illnesses, decreased risk of mental health conditions, and better weight control.



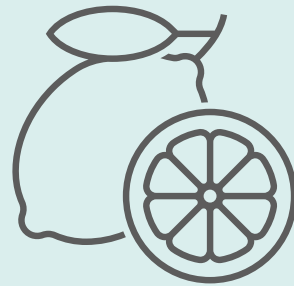
Connect Socially

Going out and being with friends or family is also a great way to combat stress. Similar to exercise and time in nature, connecting socially allows you to disconnect from the stress and gives your brain a moment to recharge. Simply laughing is a fantastic way to lower stress levels. Benefits include; decreased stress and increased emotion regulation.



Eat Well

Having a strong and balanced diet is great for coping with stress. Specific foods have been known to combat stress extremely well compared to other foods. Tea, carrots and bananas being some of them. Benefits Include; improved immune system, increased energy levels, increased productivity, and improved rest/sleep.



Make Lists

Making lists are one of the most efficient ways to help organize your thoughts and therefore reduce stress. Having everything you need to complete written out gives your brain the chance to relax. Many psychologists have agreed that making lists is a simple and efficient way of dealing with stress levels, in both your personal and everyday life.

