Rec Tip of the Week

Stress relievers: Tips to tame stress

Is stress making you frustrated and irritable? Stress relievers can help restore calm and serenity to your chaotic life. You don’t have to invest a lot of time or thought into stress relievers. If your stress is getting out of control and you need quick relief, try one of these tips.

Get active

Virtually any form of physical activity can act as a stress reliever. Even if you're not an athlete or you're out of shape, exercise is still a good stress reliever.

Physical activity pumps up your feel-good endorphins and other natural neural chemicals that enhance your sense of well-being. Exercise also refocuses your mind on your body's movements, improving your mood and helping the day's irritations fade away. Consider walking, jogging, gardening, housecleaning, biking, swimming, weightlifting or anything else that gets you active.

Laugh more

A good sense of humor can’t cure all ailments, but it can help you feel better, even if you have to force a fake laugh through your grumpiness. When you laugh, it not only lightens your mental load but also causes positive physical changes in your body. Laughter fires up and then cools down your stress response. So read some jokes, tell some jokes, watch a comedy or hang out with your funny friends.

Connect with others

When you’re stressed and irritable, your instinct may be to wrap yourself in a cocoon. Instead, reach out to family and friends and make social connections.

Social contact is a good stress reliever because it offers distraction, provides support, and helps you tolerate life’s up and downs. So take a coffee break with a friend, email a relative, or visit your place of worship. Got more time? Considering volunteering for a charitable group and help yourself while helping others.
Assert yourself

You might want to do it all, but you can't, at least not without paying a price. Learning to say no or being willing to delegate can help you manage your to-do list and your stress.

Saying yes may seem like an easy way to keep the peace, prevent conflicts and get the job done right. But it may actually cause you internal conflict because your needs and those of your family come second, which can lead to stress, anger, resentment and even the desire to exact revenge. And that's not a very calm and peaceful reaction.