

Tips for Stress Reduction

- 1.) Listening to music you enjoy, especially with a slower cadence which lowers your heart rate
- 2.) An ounce of dark chocolate (65% cocoa or more) a day which lowers blood pressure, and produces PEA, the neurotransmitter responsible for feelings of love. Also promotes alertness.
- 3.) Green tea for its L-thenanine which helps build a neurotransmitter called GABA. GABA is responsible for relaxation. Use decaf Green tea for best bet.
- 4.) A quick sprint for 50 yards as hard as you can instantly releases endorphins
- 5.) Hot peppers like Habanera, which hurt to eat, paradoxically give a natural high afterwards.
- 6.) Kava tea gives a very relaxing natural body high particularly good for muscle relaxation.
- 7.) Punching pillows or a heavy bag if needed
- 8.) Crying if needed
- 9.) Aroma therapy scents, especially lavender
- 10.) Chamomile tea, especially if stress is accompanied by stomach ailments
- 11.) Writing down a list of swirling thoughts to get them literally out of your mind
- 12.) Re-assessing what is important, an altered perspective
- 13.) Asking someone for help, discussing the cause of stress
- 14.) Removing yourself from a stressful situation you don't really need to be in
- 15.) Looking at the colors on the Blue-Green Spectrum
- 16.) Raising and lowering body temperature, especially before bed through hot shower or bath
- 17.) Hot oil massage, particularly to feet, hands, neck, back and ears due to the nerve pathways
- 18.) Yoga, or even simple stretching
- 19.) Hearing one's parent's voice-on the whole-proven to de-stress even for adults
- 20.) Creative expression like painting, drawing, writing, photography or whatever you enjoy
- 21.) Quick "cat" nap when tired to let your brain reset has shown to increase retention rates
- 22.) Spirituality, like praying, and even altruism
- 23.) Going easy on the caffeine
- 24.) Time spent with pets, or in nature, or simply where there's no noise.
- 25.) Deep, slow, from-belly-breaths
- 26.) Full nights sleep ASAP, each night on a regular basis if you can.
- 27.) Smiling at people. Getting one back.