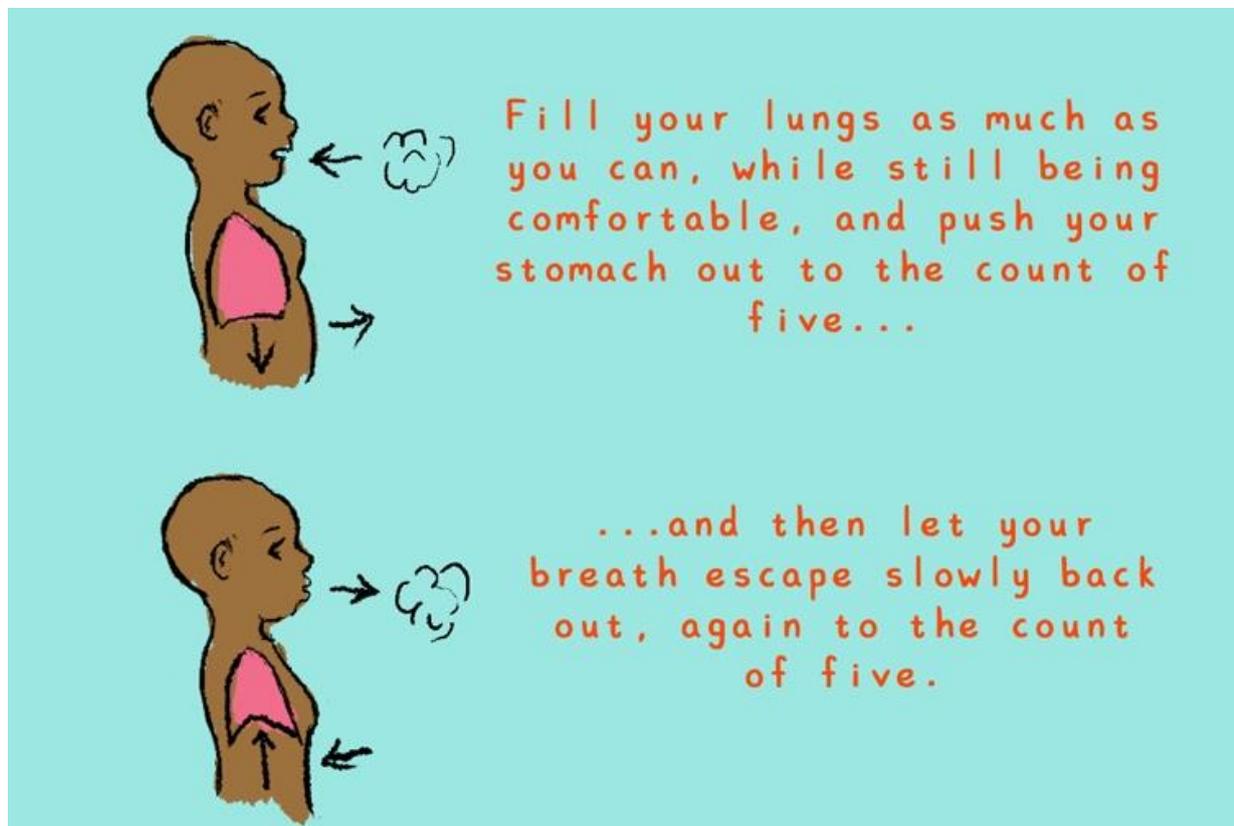


Six scientifically-proven methods to reduce stress.

1. Breathe deeply.

Stress causes you to breathe shallower and quicker. Luckily, you can actually trick it into calming down by breathing more deeply and slowly.



2. Squeeeeze ... and relax.

Subconsciously tensing your muscles is not only a common reaction to stress, but it can also make you feel worse. The key here, then, is to take control of this reaction by clenching and releasing your muscles. A few seconds at a time, go through each area of your body, from head to toe.



3. Listen to classical music.

Classical music featuring slower rhythms was found to reduce stress and promote long-term heart health! Soothing music can have soothing effects on your well-being.



4. Go for a quick stroll.

Moderate exercise like walking has been shown to significantly reduce the stress hormone cortisol.



5. Grab a book (and read it).

Reading is [It's also a great way to relax your mind and body](#). So if you're feeling stressed, try grabbing a book, curling up in a comfy chair, and giving your mind a quick distraction from whatever's got you feeling tense. Go on, give it a try!

Reading for just six minutes can reduce stress by 68%, slow down your heart-rate, and ease tension in your muscles.⁶



6. Make friends with your stress.

If you can't beat it, join it! As we learned in the video above, stress doesn't have to be a bad thing.

A recent Harvard study showed that [participants who were taught that stress could actually help them complete tough tasks were less anxious and more confident](#) than a control group. Physically, [their blood vessels remained relaxed — a much healthier state](#).



If you're finding yourself overwhelmed on a daily basis, though, please see a doctor.

These tips are meant to help out if you're having a rough day and need to feel better quickly. If you're experiencing severe anxiety or depression, it's best to make an appointment with your doctor to come up with a long-term stress-reduction plan.

