Seven Stress Management Tips That Work

Stress is almost an inevitable part of being human. Nevertheless, you can take steps to minimize its occurrence in your everyday life.

July 19, 2022 By Karen Hoyt

It's normal for humans to experience stress every once in a while. Under normal circumstances, stress can motivate you to get tasks done quicker and more effectively. However, chronic stress can really hack away at your health — especially if you're already struggling with conditions like liver disease or heart disease.

Learning ways to effectively manage stress is key to elevating your overall quality of life. To help you do that, here are seven effective stress management tips that work for people.

1. Practice Self-Care: When responsibilities start to pile up, it's not uncommon for people to put their personal needs on the back burner. This is especially true for people who are raising families on top of professional obligations....
2. Exercise: Physical activity is an absolute must when it comes to stress management. Exercise can give your body the energy boost it needs to get through a busy day. Additionally, it can also promote healthy, restorative sleep at night. So, the next day you can wake up feeling refreshed and in a better mood....
3. Breathe Deeper Breaths: Taking a few moments to breathe deeply at work or during any situation that's causing you stress can help take the pressure off almost immediately. People who are experiencing intense stress or anxiousness take smaller, shallower breaths. This disrupts the balance of gases in your body, causing you to feel tired, irritable, and overwhelmed....
4. Eat Healthy: What you put in your body can affect the way it functions. It may also influence how you feel and think. Eating a healthy, well-balanced diet can help you improve your overall health and mood. Additionally, it can also fuel your body so you can easily handle everyday challenges at work or home....
5. Slow Down: Overwork can cause stress and bring about negative side effects, e.g., headaches, high blood pressure, fatigue, and even a heightened risk of chronic illnesses. Slowing down and taking things one step at a time can help relieve feelings of stress and overwhelm....
6. Share Your Problems: If you're struggling with something at home, school, or work, it's not typically the best idea to keep it to yourself. Other people want to help you find solutions to your problems. You just need to give them a chance to prove that to you....
7. Identify and Eliminate Triggers: Determine what triggers are causing you stress. Is it a co-worker, your job, your commute, or a family member? Is it a recurring activity that you don't like? When you know what's causing you stress, you can take proactive steps to minimize your exposure to

them....

Bottom Line

Stress is almost an inevitable part of being human. Nevertheless, you can take steps to minimize its occurrence in your everyday life. Take the time to read the tips that have been shared above. Try to use them during moments of stress or overwhelm. You undoubtedly won't regret it.

Written by guest blogger Katie Pierce who writes for a number of media outlets including ihelpc.com, Your Best Friend's Guide to Liver Disease, Cirrhosis, and Hepatitis.

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