

5 Top Tips to Reduce Stress

We have probably all experienced stress. Small amounts can be good for us but too much stress can have a negative impact on our physical and mental wellbeing. Here's a few tips to help you reduce stress.

1. Take Care of the Basics

We are more resilient when we are well rested, have a good diet, get some regular exercise, and are active socially. Avoiding too much caffeine and alcohol can also help. Looking after ourselves can reduce stress.

2. Do Things you Enjoy

We feel better when we make sure we have time for some 'fun'. It might be a quiet cuppa reading a magazine, watching some TV, meeting mates or indulging in a hobby. Doing things, we enjoy can reduce stress.

3. Get into Nature

We all know exercise is good for us, even gentle exercise like a walk can reduce stress. It is particularly beneficial to be out in nature. Walking in parks or woods, by rivers or the sea can lift our mood and help us cope with stress.

4. Practice

Calming Yourself

Using our breathing to help us calm down is a great way to reduce stress. Start with just a few deep breaths but then try some mindfulness or meditation on a regular more regular basis.

5. Shift your focus

When we feel stressed it's hard **NOT** to think of what is stressing us. Simply shifting our focus away from the problem to something more positive can relieve stress.