Allina Health

10 Tips to Reduce Stress Every Day

1. Be present with whatever you are doing and whomever you are with. Stay "in the moment."

2. Add something beautiful to your life such as flowers.

3. Do an activity you enjoy.

4. Walk, work and eat at a relaxed pace.

5. Get some kind of exercise every day. Start with a short walk or stretching.

6. If possible, go outside at least one time a day. Notice the simple things such as the clouds or scenery.

7. During the day, whenever you remember, notice the tension in your jaw, neck, shoulders and back. Stretch to release it.

8. If you notice your mind racing or worrying about the past or future, take a minute to breathe deeply. Gently focus on something in the moment such as your breathing, scenery or birds. Try making an emotional shift.

9. Wear comfortable, loose-fitting clothing whenever possible. Take your shoes off if you can.

10. Avoid holding in your feelings. Instead, find a safe place to feel, express and embrace them.

If you or someone close to you is in crisis, call the toll-free, 24-hour National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

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