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List six positive stress management techniques

The root of stress management is stress management is the information we can examine and use, and the first step in understanding that data is becoming aware of our stress and impact on us, says Kathleen Hall, founder of The Stress Institute in Atlanta. While subtleties can vary in tips from stress management sources on how to manage stress, there are a number of constants. The following covers some of the universal grounds, and some wildcards. Related: 23 questions to ask yourself when you are stressed out 1. If you can't avoid a stressful situation, try modifying it. This often involves changing the way you communicate and operate in your daily life. Express your feelings instead of bottling them. Be willing to commit, but be more assertive. Manage your time better. (Helpguide.org) 2. If you can't change the stressor, change yourself. Reframe problems. Try to see stressful situations from a more positive perspective. Look at the big picture. Take the perspective of the stressful situation. Focus on the positive; This simple strategy can help you keep things in perspective. (Helpguide.org) 3. Take a break from a stressor. Even 20 minutes of personal care is helpful. It can seem hard to get away from a big work project, a crying baby or a growing credit card bill, but when you give yourself permission to stay away from it you can get a new perspective and feel less overwhelmed. It's important not to avoid stress (those bills have to be paid at some point), but even 20 minutes of personal care is helpful. (American Association of Psychology) 4. Breathing is the basis for de-stressing and healing. Our normal surface breathing starves the body and brain from oxygen, affecting the immune and cardiopulmonary systems. Develop the practice of taking several deep diaphragmatic breaths at a tense time; clears the mind, body and soul. (The Stress Institute) 5. Scientific research supports the practice that calming the mind, body and soul offers great health benefits. Find a quiet place, get comfortable, focus on a one- to five-word phrase you want and repeat it over and over again. Take deep diaphragmatic breaths, inside and outside, inside and outside. You may want to set a timer at the beginning for 10 minutes so you don't worry about time. Practice sends healing hormones to your body for relaxation and health. (The Stress Institute) Related: How Successful People Beat Stress 6. Consider your unhealthy coping methods for dealing with stress. Avoid these unhealthy coping mechanisms from the start. Returning to food, alcohol or drugs often simply converts set of problems in another that can fly out of control. It is best to avoid these unhealthy coping mechanisms from the beginning, and find good ways to keep stress under control. (Psychiatric Center) 7. Journal practice has health benefits. The diary reduces stress by eliminating worry and thoughts that accelerate over and over in your mind. You move these worries, worries, hopes or dreams dreams his body on paper. (The Stress Institute) 8. Affirmations can affect our health. Research indicates that every thought and emotion creates a chemical release in our bodies, affecting our mental, physical and spiritual health and well-being. Negative self-speech can be harmful; giving positive messages prevents this damage. (The Stress Institute) 9. Friendships are strong indicators of mental, physical and spiritual health. Friendship is not a luxury, but it is essential for the relationship between working life and health. Studies show that isolation decreases immune functioning and increases the risk of mortality. (The Stress Institute) 10. Exercise regularly, sleep and eat a healthy diet. Well-nourished bodies are better prepared to cope with stress. Physical activity plays a key role in reducing and preventing the effects of stress. Make time for at least 30 minutes of exercise, three times a week. Aerobic exercise does wonders to release stress and tension. Well-nourished bodies are better prepared to cope with stress. Start your day right with breakfast, and keep your energy and mind clear with balanced, nutritious meals throughout the day. Reduce caffeine and sugar. Get enough sleep. Sleeping properly feeds your mind as well as your body. Feeling tired will increase stress because it can make you think irrationally. (Centers for Disease Control and Prevention) 11. Increase your awareness of the moment by focusing intently on an object. Notice the shape, color, weight, and feel of a pencil. Either slowly taste a raisin or a piece of chocolate. Mindfulness leads to relaxation. Keep in mind that stress management is not a unique proposition. They are all different and react to stress differently. (Multiple sources) Related: 3 Rules to Turn Stress into The Success Editor's Note: This post was originally published in April 2014 and has been updated for freshness, accuracy and completeness. We all face stressful situations throughout our lives, ranging from minor inconveniences such as traffic jams to more serious concerns, such as a loved one's serious illness. No matter what the cause, stress floods the body with hormones. Your heart beats, your breathing accelerates and your muscles tighten. This so-called stress response is a normal reaction to threatening situations, perfected in our prehistory to help us survive threats such as an animal attack or a flood. Today, we rarely face these physical dangers, but challenging situations in daily life can cope with stress response. We can't and wouldn't want to avoid all the sources of stress in our lives. But we can develop healthier ways to to them. One way is to invoke the relaxation response, through a technique first developed in the 1970s at Harvard Medical School by cardiologist Dr. Herbert Benson, editor of the Special Health Report at Harvard Medical School Stress Management: Approaches to Preventing and Reducing Stress. The relaxation response is the opposite of the stress response. Stress, a state of deep rest that can be obtained in many ways. With regular practice, a calm well is created to immerse yourself in how the need arises. Here are six relaxation techniques that can help you evoke the relaxation response and reduce stress. 1. Breathing approach. In this simple and powerful technique, you take long, slow, deep breaths (also known as abdominal or abdominal breathing). As you breathe, gently unhook your mind to distract thoughts and sensations. The approach to breathing can be especially helpful for people with eating disorders to help them focus on their bodies in a more positive way. However, this technique may not be suitable for people with health problems who make breathing difficult, such as respiratory ailments or heart failure. 2. Body scanning. This technique combines the approach of breathing with progressive muscle relaxation. After a few minutes of deep breathing, you focus on one part of your body or group of muscles at once and mentally release any physical tension you feel there. A body scan can help increase your awareness of the mind-body connection. If you've had recent surgery that affects your body image or other body image issues, this technique may be less helpful to you. 3. Guided images. For this technique, you evoke relaxing scenes, places or experiences in your mind to help you relax and concentrate. You can find free apps and online recordings of soothing scenes, just be sure to choose images that you find relaxing and have personal meaning. Guided images can help you reinforce a positive view of yourself, but it can be difficult for those who have intrusive thoughts or find it difficult to evoke mental images. 4. Mindfulness meditation. This practice involves sitting comfortably, focusing on your breathing and attracting the attention of your mind to the present moment without worrying about the past or the future. This form of meditation has enjoyed increasing popularity in recent years. Research suggests that it may be helpful for people with anxiety, depression, and pain. 5. Yoga, tai chi and qigong. These three ancient arts combine rhythmic breathing with a series of fluid postures or movements. The physical aspects of these practices offer a mental approach that can help distract you from career thoughts. They can also improve their flexibility and balance. But if you're not normally active, have health problems, or a painful or disabling condition, these relaxation techniques may be too difficult. Talk to your doctor before starting. 6. Repetitive prayer. For this technique, you silently repeat a short sentence or sentence of a sentence while practicing the breathing. This method can be especially attractive if religion or spirituality are meaningful to you. Instead of choosing a single technique, experts recommend sampling several to see which one works best for you. Try practicing for at least 20 minutes a day, although even a few minutes can help. But the longer and longer you practice these relaxation techniques, the greater the benefits and the more you can reduce stress. – By Julie Corliss Executive Editor, Harvard Heart Letter Image: © Robert Kneschke Dreamstime.com Disclaimer: As a Service to Our Readers, Harvard Health Publishing provides access to our archived content library. Note the date of the last revision or update of all articles. 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