

# Fun Activities to Help with Stress

## 1. Listen to relaxing music



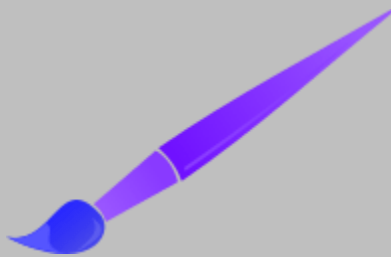
The right music has the power to take away all your worries. Create a playlist of your favorite [relaxing tracks](#) and listen to it whenever you feel stressed.

## 2. Meditate



Dim the lights, sit alone and focus on your your breathing. Feel your heart beats. Witness your mind and the thoughts that arise. Realize that you are not your thoughts. Let the thoughts go.

## 3. Paint your imagination



It does not matter if you are good at painting or not. Just take out a watercolor paper (or simply use any blank paper), a paintbrush, some watercolors and paint what comes to your mind. Express yourself. You can even use sketch pens, color pencils or crayons – whatever's available.

Adult coloring books are a good option too.

## 4. Go for a walk in nature



Go for a mindful walk early in the morning when the air is fresh. Be mindful of each step you take, the sights, sounds and smells. Lose yourself to the experience.

#### **5. Take a hot/cold shower**



A hot/cold shower, also known as a [contrast shower](#) can be extremely relaxing to your mind and body. Start with a hot shower followed by a cold shower and repeat the cycle three to four times.

Contrast showers are used by fitness professionals and athletes to get relief from muscle soreness and fatigue.

#### **6. Play a board game**



Board games can be a lot of fun and can help take your mind off things. They also help bring back the carefree childhood memories.

#### **7. Go for a swim**



Swimming, especially in natural lakes can be extremely relaxing. But even if you don't have a lake nearby and your only option is chlorine treated water, it can still give you [all the benefits](#). Play around in the water, float in it, feel the water and listen to the water as you swim.

You can also use a flotation product like an air mat or pool tube and enjoy a relaxing float in the water.

### **8. Spend time with a pet**



[Petting a dog/cat/rabbit](#) or any other furry animal can feel highly relaxing. Research indicates that petting animals releases feel good hormones in humans.

If you don't own a pet, consider visiting a friend who has one.

### **9. Do deep abdominal breathing**

Take a few minutes to breath deeply and consciously. Fill your lungs up with life energy and hold for a few seconds before exhaling. While inhaling, place a hand on your belly and make sure that your belly rises. While exhaling, think of all your stress flowing out of your body.

### **10. Write down your worries**

Writing on paper can be highly cathartic. Buy yourself a journal and start writing. Write down what's on your mind; write about things that have been bothering your lately; write about the things you love; write about past events that have been on your mind. Reflect on your writing.

**Also read:** [9 Inspirational Self Reflection Journals to Help You Rediscover Yourself](#).

### **11. Take a salt water bath**

Salt water baths have immense benefits especially when it comes to stress relief and relaxation. This is because, salt water baths helps you body absorb magnesium and magnesium helps

lower blood pressure, improve circulation, relieve cramps, relieve headaches and improve sleep quality.

Simply fill your bath with warm water and add around 2 to 3 cups of magnesium sulfate (Epsom salt) or magnesium chloride salts and soak it in for about 20 to 25 minutes. Follow this up with a shower.

Or you can consider a relaxing foot bath by soaking your feet in magnesium water (add around 1-3 cups of salt in a bucket or bathtub).

We recommend using the [Magnesium Bath Flakes](#) from Ancient Minerals.

## **12. Sing or dance**



Put on your favorite chill out music and move your body to the rhythm. Don't focus on how you are dancing. Instead, let go, lose yourself to the rhythm and let the rhythm guide you. Moving your body this way helps deeply relax your mind and body.

## **13. Cut down on processed foods**

Processed foods stress your body out, curbing you of vital energy and making you feel drained. This is because your body has to expend a lot of energy digesting these foods and then removing the resultant toxins. Cut down on these foods and you will feel an instant boost of energy within a day or two.

Add high enzyme foods that boost digestion, improve gut health and aid relaxation. Include enzyme rich foods like raw tomatoes, cucumbers, pineapple, papaya, nuts and seeds in your daily diet. Fermented vegetables are high in enzymes too.

## **14. Watch your favorite childhood cartoons**



Make a list of all the cartoons you used to love watching as child and watch them on Netflix. Try connecting with your inner child as you do this.

Cartoons like Winnie the Pooh, The Poddington Peas, Arthur, The Wild Thornberrys, Recess, As Told By Ginger, Lilo and Stitch, The Flintstones and many others are not only fun to watch, but also have a relaxing vibe to them. 'Winnie the Pooh', definitely tops the list.

You might even find many of these cartoons on youtube.

#### **15. Spend a few minutes being mindful**

Make a conscious attempt to live in the present moment. Let go of thoughts related to the past and future and consciously focus your attention in the present.

#### **16. Go to bed early and Wake up early**



Wake up before the sun rises and smell the fresh air. Do some sun gazing and soak in the early morning sun rays. Follow up with some light jogging or walking. Go to bed when the sun goes down.

**Also Read:** [50 Positive Songs To Wake Up To.](#)

### 17. Learn to play music



Learn to play a musical instrument like guitar, ukulele or a piano. Playing music is fun and can be an excellent stress reliever. You can easily learn the basics using the countless tutorials available on the internet.

### 18. Read a comic book or fiction book

Remember the comic book that you loved reading as a kid? Pick it up and start reading and get in touch with your carefree inner child.

If not a comic book, even children's books or novels can make for a fun read. Some examples are books by Dr Seuss, Ruskin Bond, Roald Dahl and Judy Blume.

### 19. Hug a Tree

Trees have this beautifully relaxing energy to them. [Hugging a tree](#) can help you tap into this energy. Hug a tree and be still with the tree for a few minutes. You can also sit on a branch or under the tree and reminisce.



### 20. Sit on a swing

Go to a nearby park and (when there are no kids around), sit on a swing and start swinging. Feel the air on your skin and enjoy the soothing to and fro movements. The rocking movements that

a swing creates will connect you with your inner child cause they mimic the movements of a cradle.

Hanging swing seats ([hammock chairs](#)) & rocking chairs are also a good option as they provide similar [soothing movements](#).

### **21. Live without technology for a day**

Switch off your cellphone, close your laptop, switch off your T.V. and spend the day away from technology.

### **22. Drop the resentments**

Learn to forgive and forget. Forgive everyone including yourself. Drop the idea of revenge from your system and you will immediately [feel lighter](#).

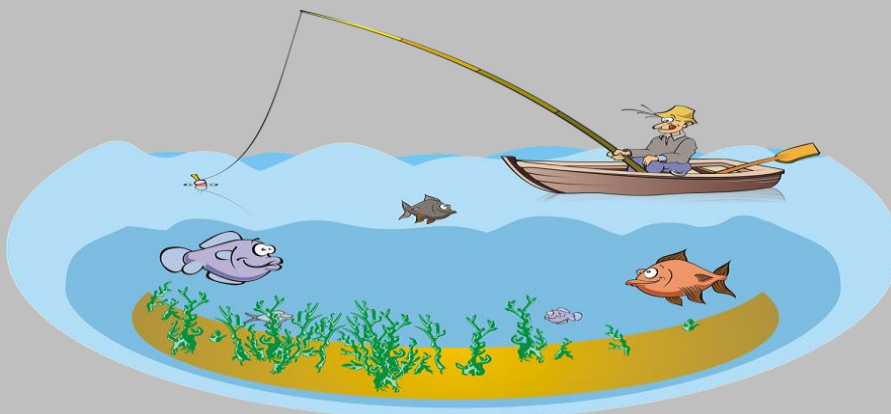


### **23. Sit around a campfire**

Sitting around a campfire or a fire-pit can be [deeply relaxing](#). Everything from the flickering light, to the warmth, smells and the crackling sounds, helps you relax and unwind.

### **24. Go fishing**

If you are lucky to live nearby fishing spots then by all means go fishing. If you have never tried it, then this a great new skill to learn.



**25. Day dream** Close your eyes and enter the dream world. Visualize yourself in a beautiful tropical island, relaxing and having fun without a care in the world.

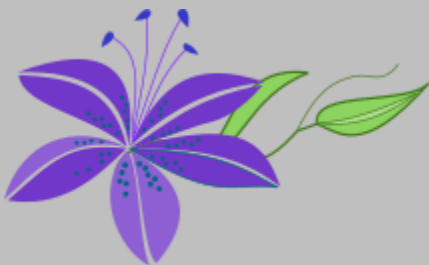


**26. Do some stargazing**

Buy a relaxing camp chair, lean back and enjoy looking at the magnificent stars that adorn the night sky. They are all shining for you!

You can also consider using a binocular (like the [Celestron 7x50](#)) or a telescope so you can see star clusters, the moon, comets and other elements in the night sky at a closer range.

**27. Stop and smell the flowers**



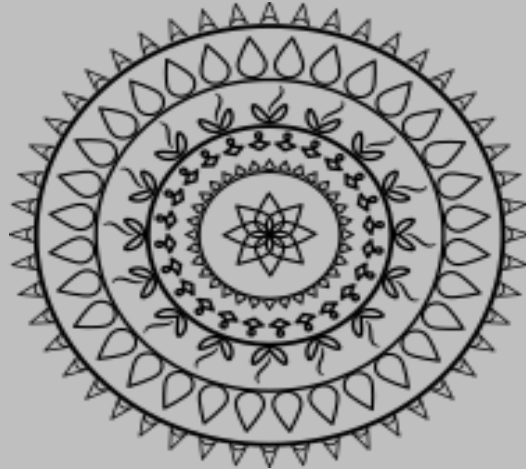
Go for long walks in the park, look and smell the flowers. Don't just make shallow observations, but be fully present and look deeply, get into the minor details.

As Thich Nhat Hanh says, *"When we look deeply at a flower, we can see the whole cosmos is contained in it."*





There is amazing power in creation. To get started, there is a whole array of do-it-yourself projects on the internet. Pick something that you enjoy and create it.



### **33. Draw a Mandala**

A Mandala is a circular figure which represents the universe. It is said that drawing a Mandala can be extremely relaxing and a healing activity. Here is a [video on drawing a mandala](#) to help you get started.

If drawing is not your thing, then you can even buy ready made Mandalas and color them instead. We recommend the [Stress Less Coloring Mandalas](#) book. This book contains 100 mandala designs for you to color.

### **34. Listen to the birds**

Go to a park and focus your attention on the birds chirping. Tune into their free energy.

### **35. Create more space**

Clean or re-arrange your room. Remove clutter by giving away things that you no longer need and create more space inside.

### **36. Donate your old clothes**

Helping others can help you reduce stress and combat depression as it takes your mind off your problems and brings into picture a bigger perspective.

Donate your old clothes and/or equipment to organizations who help people in need. This is also a great way to remove clutter and create more space in your house.

### **37. Indulge in old memories**

Sit with old photo albums and indulge in old memories. [Research indicates](#) that indulging in pleasant memories can be highly beneficial as it promotes optimism and well-being.

### **38. Go to a meet up**

Find meet-ups that you would be interested in, in and around your area and visit. Being around like-minded people is the best way to re-energize.

### **39. Stretch**

Stretching is a great way to release the tension in your body. Make it a point to stretch often.

### **40. Do some Shaking Qigong**

[Shaking Qigong](#) involves shaking your body to release negative energy. All you need to do is stand in an at-ease position, keep your body loose and start to shake for around 5 to 10 minutes. You will be amazed at how much this simple technique relaxes you.

### **41. Listen to dolphins/whales singing**



Listening to dolphins can be very relaxing. Check out '[Reiki whale songs by Kamal](#)' on Youtube or Bandcamp. Or just search for 'dolphin sounds' to get a list of videos.

### **42. Walk barefooted**

Let the soles of your feet get directly in touch with mother earth by walking or standing barefoot. This practice known as 'grounding' is said to have various health benefits. [Studies](#) suggest that it helps reduce stress and inflammation, relaxes the muscles, reduces chronic pain and strengthens the immune system.

Consider walking barefoot on the beach or in a garden.

#### **43. Take a nap in a hammock**

Napping in a hammock can be an extremely relaxing experience. [Studies](#) have found that the slow rocking motion of a hammock calms down your mind by affecting your brain waves aiding deep, restful slumber.

#### **44. Rent a comedy movie**

Laughter is a great way to beat stress. Good comedy movies can lighten your mood and help take your mind off things.

#### **45. Try stress balls**

Stress balls are great to release tension. When you squeeze the ball, the muscles in your arm tighten and relax as you let go. These are perfect for times when you are stuck at work and have no other way to vent.

#### **46. Practice progressive muscle relaxation**

Progressive muscle relaxation is an exercise that involves squeezing and releasing various muscle groups in your body. At the end of a fully body exercise, you will feel deeply relaxed.

Here's a video with easy instructions to follow:

#### **47. Watch Bob Ross paint**

Watching a master artist create art (be it drawing, painting, sculpting etc.) can be a highly meditative experience.

Thanks to the internet, you can watch many such artists as they create masterpieces.

One such artist is [Bob Ross](#) who had a highly popular show on PBS named the – 'Joy of painting' in the 1980's. Each episode consisted of Bob painting a beautiful masterpiece while talking to the audience about the joy of painting in his signature smooth relaxing voice. You can [check out the videos here](#).

There are thousands of similar videos online that feature art being made by some amazing artists which you can check out too.

#### **48. Connect with your body**

Connecting with your body can be a deeply relaxing and liberating experience. On a default basis, we live in our minds (lost in thoughts) completely ignoring our bodies. Hence, when you

come out of your mind and bring attention within your body, you can begin to consciously relax tense body parts.

Here are [5 simple practices that will help you reconnect with your body](#).

#### 49. Do some bee breathing (humming)

Just one to two deep breaths can deeply relax your entire being. But you can take this to another level by doing some 'bee breathing' or humming.

**Here's how:** Take a deep breath and as you slowly exhale through your nose, make a mild humming sound like, 'mmmmm'. As you hum this way, feel the vibration it generates in and around your head.

You can also gently cover both your ears with your index finger as you hum. Covering your ears allows you to experience the vibrations with greater intensity.

You can repeat as many times as you want.

#### 50. Create a mini-Zen garden



Raking patterns in sand using a raking tool (or your fingers) can be very relaxing and that's what a mini Zen Garden allows you to do.

The sight, subtle sounds and feeling of sand can bring a deep sense of peace to your being. You can buy [a mini Zen Garden tool from the internet](#) or create your own. All you need is white sand (or salt), a small square (or circular) box and a mini-rake.

***It is not expected that you try all these things to help lessen your stress. But we would recommend trying many to see which ones are effective for you. There is no "one" solution to stress, but there are many ways to help work through stress, so try these out and see what works for you. What do you have to lose!***

**Source:**

<https://www.outofstress.com/things-stress-relief/>