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Self-Care Ideas to Get You Through the Most Stressful of Days



- 1. Take 3 Deep Breaths** - combat stressful shallow breathing by stopping to take a breather.
- 2. Full Body Stretch** - this is a great way to slow down and become more in tune with your body.
- 3. Declutter** - you don't have to organize an entire office for this method to work. Start small and declutter your desk space to reduce stress levels.
- 4. Open the Blinds** - did you know even five minutes of sunlight first thing in the morning boosts your Vitamin D levels and balances your cortisol (stress) levels?
- 5. Put on a Face Mask** - and not just for women. Great for your skin, and relaxing for the mind.
- 6. Get a Massage** - relieve pain and stiffness, increase circulation, and reduce anxiety.
- 7. Keep a Journal** - stream-of-consciousness writing will clear your head of mental clutter and gain clarity.
- 8. Take a Nap** - a 15-minute power nap can reduce a ton of stress.
- 9. Read a Positive Book and Relax the Mind** - Even just two pages a day can do you some good.
- 10. Go Outside** - A walk around the block or nature is great for mental health.
- 11. Keep Phones Out of Your Bedroom** - Encourage better sleep in a space that is for your relaxation.
- 12. Eat a Healthy Snack** - Sometimes, all you need is a better food choice and little more nourishment.
- 13. Start a Hobby** - according to Dr. Kien Vuu, a clinical professor of medicine at UCLA, engaging in a hobby reduces stress and activates genes that increase immunity and decrease inflammation.
- 14. Laugh** - laughing is an underrated stress reliever. Watch a funny comedy show or video clip, or spend time with a hilarious friend.
- 15. Aromatherapy** - Diffuse essential oils to quickly boost your mood.
- 16. Take a Bath** - Light a candle and soak in the tub.
- 17. Have Tea or Coffee** - What is most important about this method is you should do this without being on a screen. Have a cup while sitting in peace, watching the sunset for example.
- 18. Put Positive Notes Around Your House** - Remind yourself you are powerful!
- 19. Listen to a Great Playlist** - Play one of your favorite songs, or try listening to meditative music.
- 20. Recite Positive Affirmations** - Here's an example, "I am grateful to be alive, and I am capable of achieving more than I believe."
- 21. Color** - Coloring books for adults are very popular, and they are known to be very therapeutic.
- 22. Practice Saying No** - Don't say yes to things you don't want to do. Staying at home instead of going to an event you don't care for is a great decision.
- 23. Detox Your Social Media** - Are the accounts you are following on social media positive, or are they toxic for your mental health? Unfollow and unsubscribe from what does not benefit you.
- 24. Buy Yourself Flowers** - You don't need a special occasion to improve your mood with this method.
- 25. Do a Guided Meditation** - Shift your energy in just 5-10 minutes.