

10 WAYS TO Instantly De-Stress



Just Breathe

Take five minutes to focus on breathing slowly and deeply — in through your nose and out through your mouth.



Cuddle Your Pet

Take advantage of the unconditional love of your pet and let them calm you down with a snuggle.



Play Some Music

Music can lower levels of stress and improve mood. Listen to something relaxing or any tune that brings you joy.



Stretch

Stretching can help relieve muscle tension, especially if you're sitting hunched over at a desk all day.



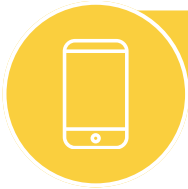
Take A Walk

Walking can trigger the release of endorphins, which boosts your mood. Take a walk around the block and get some fresh air.



Eat Chocolate

Dark chocolate can regulate levels of the stress hormone cortisol, which is a great excuse for eating a square or two.



Call A Friend

Fight the urge to isolate and reach out to someone for a quick chat. You'll feel supported and reoriented.



Journal

Jotting down what's bothering you can help release negative thoughts from weighing on your mind.



Have A Laugh

Did you know laughing increases blood flow? Find a funny video or watch your favorite comedy show.



Just Be

Step away from what you're doing, close your eyes, and just stay in the moment to clear your head.

