

Solutions

1. Light the candle

Using essential oils or burning scented candles may help reduce stress and anxiety. Using smell to treat your emotions is called aromatherapy. Multiple studies have shown that aromatherapy can reduce anxiety and improve sleep

2. Reduce caffeine intake

Caffeine is a stimulant found in coffee, tea, chocolate and energy drinks. High doses can increase anxiety. If you notice that caffeine makes you nervous or anxious, consider reducing your intake.

3. Hug

Hugs, kisses, hugs, and sex can all help relieve stress. Active physical contact can help release oxytocin and lower cortisol. This can help lower blood pressure and heart rate, both of which are physical symptoms of stress.

4. Spend time with pets

Keeping pets may help reduce stress and improve mood. Interacting with pets may help release oxytocin, a brain chemical that promotes positive emotions. Keeping a pet can also help relieve stress by

giving you goals, keeping you active, and providing companionship- all of these qualities help reduce anxiety.

5. Chew gum

For a super simple and quick way to reduce stress, try chewing gum.

A study shows that people who chew gum have greater happiness and less stress. One possible explanation is that chewing gum causes brain waves similar to those of a relaxed person. Another reason is that chewing gum can promote blood flow to the brain.