Solutions

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1. Exercise

Exercise is one of the most important things you can do to fight stress. Putting stress on the body through exercise can relieve mental stress. People who exercise regularly are less likely to feel anxious than those who do

2. Sleep better

Everyone knows that stress can cause you insomnia. Unfortunately, lack of sleep is also a key cause of stress. This vicious circle causes the brain and body to lose control, which will only get worse over time. Make sure to get seven to eight hours of sleep. Turn off the TV early, dim the lights, and give yourself time to relax before going to bed. It may be the most effective stress buster on our list.

3. Laugh

It's hard to feel anxious when you laugh. It can ease your stress response. Relieve tension by relaxing muscles. In the long run, laughter can also help improve your immune system and mood.

4. Listen to soothing music

Listening to music can have a very relaxing effect on the body. Slow-paced instrumental music can induce a relaxation response by helping to lower blood pressure and heart rate and stress hormones.

5. Drink tea

Try green tea instead of coffee or energy drinks. It has less than half the caffeine content of coffee, and contains healthy antioxidants, as well as theanine, an amino acid that has a calming effect on the nervous system.