Solutions

1. **Write it down**

   One way to deal with stress is to write things down. Recording the things you feel stressed is one way, another is to record the things you are grateful for. Gratitude can help relieve stress and anxiety by focusing your thoughts on the positive aspects of life.

2. **Spend time with friends and family**

   Social support from friends and family can help you through stressful times. A study found that, especially for women, spending time with friends and children helps release oxytocin, which is a natural stress reliever. A study found that men and women with the fewest social relationships are more likely to suffer from depression and anxiety.

3. **Learn to say no**

   Not all stressors are within your control, but some are. Control the parts of your life that you can change and bring you stress. One way to do this might be to say "no" more frequently. This is especially true if you find that you are carrying more than you can afford, because dealing with many responsibilities at the same time can make you feel overwhelmed. Being selective about the things you take on—saying

"no" to things that unnecessarily increase your burden—can reduce your stress levels.

4. Learn to avoid procrastination

Another way to control stress is to focus on priorities and stop procrastinating. Procrastination will cause you to act passively and make you scramble to catch up. This can cause stress, which can negatively affect your health and sleep quality. Get in the habit of organizing your to-do list by priority. Set a realistic deadline for yourself, and then work on the list your way. Deal with what needs to be done today and give yourself a lot of undisturbed time, because switching between tasks or multitasking can itself be stressful.

5. Take a yoga class

Yoga has become a popular method of stress reduction and exercise among people of all ages. Although yoga styles are different, most people have a common goal-to integrate your body and mind. Yoga mainly does this by improving body and breathing awareness. Some studies have investigated the impact of yoga on mental health. Overall, studies have found that yoga can improve mood and may even be as effective as antidepressant drugs in treating depression and anxiety.