

Relaxation and revealing technique

Bogged down with to-do lists and work and chores and bills to pay, it can be easy to let the extra stress wear you down. You might even feel an uptick just from reading that sentence! Tension can build easily, but it's not as easy to get rid of. And if you don't have a few tricks up your sleeve to help you relax, the stress can really take its toll.

It might take more than one tactic to effectively reduce your stress. Different techniques work for different people. But try a couple of these science-backed methods next time you're feeling the effects of stress on your everyday life.

- Color on a page with crayons or colored pencils.
- Knit something
- Do little Yoga
- Read a book
- Smell lavender flowers
- Listen to Quran Recitation
- Go for a walk
- Daydream for 15 uninterrupted minutes
- Take a warm bath
- Write a journal
- Have some favorite tea.

