**The best way of reducing stress**

Stress is a common issue that most people have problems to deal with it. Therefore, to reduce stress, the followings are my perspective about the best way of reducing stress.

First of all, entertainment is a great way to reduce stress. After a whole day working, all you want may be doing something you enjoy and desire to do, not something necessary. To be honest, entertainment is what you will do it by your own desire rather than being forced to. Therefore, entertainment activities can release one’s stress effectively by making someone feeling happier. No matter leisure activities or hobbies can reach the goal of reducing stress. For example, if your hobby is watching television, how can you still remain stressful when you’re enjoying TV programs? As a result, doing entertainment activities can make one feel release and therefore reduce stress.

Second, exercise is also a helpful solution to reduce stress. By exercising, people can forget what they were worrying about but just focus on the feeling of sweating instead. By this way, people can reduce stress not only by forgetting their worrying but also by the feelings of exercising. Reports show that doing exercise can not only benefit one’s health, enlighten one’s mood, but can also make one feel release. If you feel release, you are not as stressful as you were at the beginning.

Last but not least, the best way of reducing stress must be relaxed. Whatever you do, or even doing nothing, just find out the best thing that can make you feel happy and relax. Relax, release, and therefore reducing stress.

As a conclusion, the best way to reduce stress isn’t hard to find out. Entertainment and exercise are both effective ways. The key is to do something that makes you feel better and enjoy it. In this way, in better mood and feeling relaxed can reduce your stress and make you resilient to stress in future.