**The best way of reducing stress**

Stress is a common issue that most people have problems dealing with. Therefore, reducing stress is important, and below I explain my perspective about the best way of reducing stress, which is a combination of activities and attitude.

First of all, entertainment is a great way to reduce stress. After a whole day working, all you want may be to do something you enjoy and want to do, not something you need to do. Entertainment is by definition what you do by your own desire rather than being forced. Therefore, entertainment activities can release one’s stress effectively by making you feel happier. No matter what the leisure activities or hobbies, they 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, engaging in entertainment activities can make one feel a sense of release and, therefore, reduce stress.

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

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