

# Ways to Reduce Stress

Talk to a friend  
Yoga/stretching  
Get or give a hug  
Weights/exercise  
Going on a walk  
Use Essential Oils  
Get a massage  
Fidget gadget  
Make a priority to-do list  
Art or working with hands  
Organize or clean something  
Research something you want to learn  
Listen to music, podcasts, videos  
Healthy eating-vitamins, magnesium  
Chill in a dark room and comfy chair  
Wrap up in a weighted blanket  
Lay in a vibrating chair or use a pad  
Start a hobby or learn something new  
Monitor/reduce heart rate  
Vagus nerve reset - [Vagus Nerve Reset - most effective way to Destress your Body!](#)  
Acupressure points - [5 Pressure Points For Anxiety Relief](#)  
4-7-8 Breathing - [Andrew Weil 4-7-8 Breathing Technique](#)  
Visual imagery - [Reduce Stress Through Guided Imagery \(2 of 3\)](#)  
White noise - [Stress Relief Sounds, White Noise, Relaxing Nature Sounds, Heavy Rain, Relaxation, Soothing](#)  
Walking barefoot in grass - [How To Clear EMFs and Finally Relax with Grounding](#)  
Hot bath/shower/heating pad  
Favorite snack or meal  
Movie or video game  
Plan a fantasy vacation  
Write or say positive affirmations

Sleep  
Cry  
Prayer  
Play sports  
Poetry  
Sing  
Read a book  
Journaling  
Dance  
Meditation  
Explore nature  
Play with your pet  
Play an instrument  
Lay in the sun

