3 Essential Tips to Reduce Stress Quickly

Stress is a normal response to the pressures of everyday life.

There are many ways to unstress. What works best differs from person to person. “Some people scream, others go jogging or climb stairs,”

Typical three ways are:

Tip 1: Give your neck and shoulders some attention

Stretching
Help you to unwind when stressed, it can be done at your workplace like:

– Stand up and stretch your arms above you.
– Then bring them down and let them swing loosely at your sides while you take a few steps.

Exercises like these promote body awareness and mindfulness. And your neck and shoulders will thank you for the attention.

Tip 2: Breathe deeply and picture the flow

Breathing
Helps to release energy.

– Inhale deeply for five seconds and imagine the oxygen flows into your heart.
– Then exhale for five seconds while imagining it flows out again.

– Keep breathing in this rhythm and think about something that makes you feel good – a pleasant fragrance.

Tip 3: Activate your senses

– Look out the window to see what's happening outside.
– Warm your hands by rubbing them together, then place them over your eyes.
– **Massage** your tense neck muscles and feel them loosen up.
– Walking along the riverbank, concentrate on the **movement of the water,** and tell yourself, "Like the water, my stress is flowing away,"
– Alternatively, you can **watch clouds** in the sky pass by overhead.
An **anti-stress squeeze ball** can be helpful as well, squeezing the small ball can be relaxing.

Contact us now for a free consultation on insurance related matters.
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2. Call us at 012-2861817 (M), 03-21622515 (O)