

ZEN

It is well known that stress is the chief cause behind many problems like high blood pressure, obesity and other disorders. Often, people cannot find time to de-stress due to their busy schedules. Here are some stress-reducing tips that you can try.

1. Prepare for the next day in advance. Getting prepared and organized for the next day before you leave for work, will alleviate the work stressors from the mind. Starting the next day organized and prepared will provide a sense of control hopefully relieving the stress.
2. Try keeping 3-4 small snacks on hand. Avoid carbohydrate filled comfort food as often as possible. However, if you need it, eat it! An occasional treat won't hurt!
3. Performing simple repeat performance tasks like vacuuming or repeating a word like calm, happy etc. quickly gives a sense of tranquility. Moreover, it can bring down the blood pressure as well as heart rate and breathing and helps to relax the muscles.
4. Wash hands frequently. Under stressful conditions, the immune system may not work properly, leaving us more vulnerable to diseases, avoid the microbes by finding time to wash hands frequently whenever you get time.
5. Listening to soothing music while driving can be highly beneficial to beat stress.
6. Minimize bank withdrawals to once per week. This helps to have a greater sense of control over finances, helping to alleviate financial stress.

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7. Floating in water can reduce stress hormone levels and depression.
8. After work in the evenings, take a break from the electronic devices like cell phone, laptop, PC etc. which constantly keep us in stressed condition, not allowing us to get the necessary resting time, which is a must. Keep a time limit for using these devices in your off-hours
9. When facing a major challenge, remember a successfully conquered past challenge. By remembering past successes, we feel the power to overcome the obstacles in life. Also seeking advice from counselors or self help groups helps us to thrive.