

4 Active Stress Busters to Break a Sweat and Feel More Balanced

Stress is a fact of life, and it's no secret that excessive, unmanaged stress is linked to numerous adverse outcomes. Thankfully, a number of tools exist to intentionally alleviate unwanted stress when it arises.

We can all benefit from effective strategies for tackling stressful moments. Here are four suggestions for leaning into physical activity for improved stress management and quality of life.



1. Take It Out on Something

When thoughts and feelings run wild, it can be tempting to direct our frustration and other strong emotions toward the people and objects around us – a choice that, upon later reflection, is usually regrettable.

Instead of imposing our unmanaged energy on others, consider creating a safe, accessible area for engaging in some active, worry-free means of letting loose.

For instance, with the right supplies and space, a stressful morning can be transformed into an awesome afternoon throwing hatchets and axes in your backyard. Imagine the stress pouring out of you and into the action. The relief that follows may surprise you.

2. Lean Into Change

Switching up your setting -- or even your outfit -- can make a new and improved emotional frequency more accessible. Sometimes we don't realize when external factors like scratchy clothing subtly influence our mood. Plus, there's truth to the saying, "Look good, feel good."

Removing ourselves from a situation that's likely to trigger patterns of stressful thoughts assists in promptly achieving a more peaceful vibration.

This can be as simple as a leisurely stroll or as engaging as a kayaking excursion.

Offer yourself a chance to notice other things while simultaneously releasing a bit of what's stressing you.

3. Active Meditation

Despite mounting empirical evidence proving meditation's many benefits for body and mind, the suggestion of sitting quietly to clear an over-stressed mind can seem like a laughable impossibility. Thankfully, meditation doesn't require stillness.

Mindfulness practice comes in many forms. Choose any preferred physical activity and make an effort to fully immerse yourself in its every detail and sensation from start to finish.

When you notice your mind's natural tendency to wander, returning your attention to the physical experience may be easier than remaining seated cross-legged in silence.

4. Run For It

Perhaps the cheapest and most available outlet for addressing pent-up stress is jogging. Even in short bursts, running boosts endorphins and improves our headspace post-workout.

Athletes know how cathartic physical exertion is, especially when you're feeling the weight of intense stress. Luckily, no skill level is required to tap into this ever-ready resource.

Hate running? Dance parties work just as well. Be wild and free, then sink into the soothing after-effects.

The Importance of Stress Management

From work to family and beyond, many common stressors simply cannot be avoided. Acquiring effective tools to manage extra stressful moments is an essential aspect of living a happy life.

It's in our best interest to work through moments of stress with greater ease. Managing stress with physical outlets helps make it less taxing.

When left unchecked, high stress levels increase an array of serious health risks.

When it seems like stress is about to get the best of you, try these tactics to release the tension and more rapidly restore balance to your mind and body.

Final Thoughts

Rather than getting swept away by high-stress moments we all face, apply these tactics to release the steam before anything boils over, then celebrate setting time aside to actively reduce your stress.

Hydrating, reading, and writing can boost your zen even further during the post-sweat stillness. Your hard-earned relaxation will likely extend well past the recovery period.