

5 Healthy Ways To Manage Everyday Stress For Flawless Skin!

By Idogein Lucky



Have you ever noticed that when you're stressed, your skin breaks out more? Perhaps your eczema or acne is becoming more difficult to manage? I remember when I got my first job, I was so excited.

Though I'm a huge fan of personal growth, I guess for a while I neglected myself and concentrated solely on mastering and immersing myself in the job. But then I noticed unexpectedly that something wasn't quite right.

I'd start to experience stabs of pain in my upper abdomen at some times of the day. Usually, this discomfort would be accompanied by a series of regular skin breakouts. I went to visit the doctor and the very first question he asked me was "Are you under any kind of stress?"

So, what should you do when you are under severe stress? See below for a few healthy ways to incorporate regular stress-reduction practices into your everyday life to maintain a flawless skin.

1. Exercise Regularly

Regularly exercising the body balances the nervous system and improves the movement of blood, helping to flush out stress hormones. Even a 20-minute daily stroll does make a difference!

When you feel stressed and tense, go for a short walk in fresh air. Try to incorporate some physical activity into your daily routine on a regular

basis, either before or after work, or at lunchtime. Regular physical activity will also improve the quality of your skin.

Consider taking mindfulness-based stress reduction exercises. See here [to get effective, lasting tools.](#)

2. Do Things That Makes You Happy

All work and no play? (well you know the rest). If you're spending too much time at the office, Intentionally put more dates in your calendar to enjoy time for fun, either alone or with others.

Happiness also promotes endorphin releases, so laugh, dance, participate in other happy hobbies to decrease your stress levels.

Get on a flight, take a bus, a train, just go somewhere! as long as you physically get your body away from your stressors, even if it's just for a weekend.

3. Sleep More

Your body won't handle stress as much as it will if you get less than seven or eight hours of sleep. You should also try to go to bed each day at around the same time so that your mind and body get used to a regular routine at bedtime.

Sleep is a powerful stress reducer. Following a regular sleep routine calms and restores your skin, improves concentration, regulates mood, and sharpens decision making. You are a better problem solver and you are better able to manage stress when you are well-rested.

4. Eat a Balanced, Nutrient-Rich Diet

Eating habits play a vital role in your beauty and health. Therefore, it is very necessary to remain careful about the food. Always eat a vitamin and protein-rich diet. Your daily intake should also include fiber and minerals. For better results, you can go for mixed nuts.

Our bodies experience metabolic stress when lacking essential nutrients. The best way to meet our nutritional needs is with a whole, plant-based fruits, healthy fats, and good protein, including fish, nuts, and seeds. Sip more of Green Tea instead of coffee or regular tea. It will improve metabolism and digestion.

5. Talk to Someone

Talking to a friend, work partner or even a qualified specialist will help you find answers to your stress and bring your concerns into focus. And you can also talk to yourself. It's called self-talk and we all do it. But in order for self-talk to help reduce stress, you need to make sure it's positive and not negative.

So listen closely to what you're thinking or saying when you're stressed out. If you're giving yourself a negative message, change it to a positive one. For example, don't tell yourself "I can't do this." Tell yourself instead: "I can do this," or "I'm doing the best I can"

Conclusion

Stress can kill, but by infusing these healthy tips into your everyday life, you'll be able to fight the negative effects of stress and live life completely, and relatively stress free!

These tips will get you started but I'll also recommend you [visit our website](#) for more resources, tools as well as proven effective supplies you need to help in your stress management, general health and wellbeing.

Which of these tips would you incorporate in your everyday life today?

Please leave a comment in the comment section below!

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