

Wellness practices for stress relief

Many people in today's fast-paced world are unable to avoid stress. Long-term stress can lead to a variety of chronic health problems, such as heart disease, high blood pressure, diabetes, sleep disturbances, and weakened immune systems. Furthermore, anxiety and depression are closely related to unmanaged stress. We can work toward a better, healthier, and happier life by understanding the effects of stress on our health and managing it effectively.

To help manage stress these are some major practices that can help;

Get enough sleep

By and large, a lot of stress emanate from inadequate sleep, when you don't get [enough sleep](#), you're prone to have headaches and lose focus on the tasks you're supposed to do. Prioritize getting seven to nine hours of quality sleep each night by creating a consistent sleep schedule, optimizing your sleep environment, and avoid stimulating activities before bedtime.

Get active

Almost any physical activity can serve as a stress reliever. Exercise does not have to be limited to power lifting at the gym or marathon training. Physical activity improves your mood, which is beneficial to your mental health and reduces your chances of becoming stressed. Getting your blood moving produces endorphins, which can improve your mood almost instantly.

Listen to music.

Music can do magic to your mood. Have you ever realized, when you listen to your favorite music your mood instantly becomes lively. Playing your favorite music has a positive effect on the brain and body, it can lower blood pressure, and reduce cortisol, a hormone linked to stress. This is an awesome stress relief strategy that anyone can practice.

Try Yoga

[Yoga](#) can help reduce stress because it promotes relaxation, which is the natural opposite of stress. Yoga can benefit three aspects of ourselves that are often affected by stress: our body, mind, and breathing. Focusing on the present moment during your yoga practice enhances your awareness, boosts your concentration, and centers your mind.

Practice breathing exercise as well, while shallow breathing causes stress, deep breathing oxygenates your blood, which helps center your body, and clears your mind.

Cultivate a support network

Sharing your feelings and experiences with others can alleviate feelings of isolation and reduce overall stress levels. [Social contact](#) is a good stress reliever because it can offer distraction, give support, and help you put up with life's up and downs. This is a key selfcare routine for wellness that people should practice regularly.