

How to Relieve Stress - 4 Ways to Relieve Stress

There are many ways to relieve stress. In fact, with such a plethora of ideas to choose from it could become stressful! After becoming an adult with all of the responsibilities and strains that come with it, it seems like we slowly lose our natural ability to have fun. With our hectic lifestyles, we tend to ignore our stress levels and act as if chronic stress is somehow natural. But sadly, uncontrolled stress levels can lead to physical or mental illness and cause or contribute to dangerous conditions such as high blood pressure. So it's important to take stock of your stress and take action to relieve it.

Firstly, if at all possible the best way to start is to take some time off your normal, mundane and tiring routine and have break! Take a day or two off and take a getaway trip to some exciting or interesting place you've been wanting to see. If you're pressed for cash or don't like travel you can achieve the same results by just doing something different or going somewhere new in your local area. Sit back and enjoy the scenery. It feels great to leave the boring everyday life behind now and then. Enjoy the new sights and sounds and appreciate them, because most people are not able to do this regularly. This is strictly a tactic for urgent circumstances and can help kickstart you onto a new, lower stress pathway.

The second factor to consider is other people: love 'em or hate 'em! Some people find relief and solace being among their loved ones; others have to get away from them once in a while. If you are a working professional, either a mom or a dad, then chances are you are always busy with your work and have little time to spend with your children. The resulting guilt only increases your stress. So take this opportunity to take your kids out for a picnic, to the beach or a trip to the theme park. For many people, their families are a big source of joy and happiness and spending some extra time with them can go a long way toward de-stressing.

On the other hand, if are single or if your relationships are currently a source of tension you may be better off hanging out with friends! Call up some friends to chill out at the pub and have a great time. Or there may be times when you just want to be alone. There's nothing wrong with that. The important thing is for you to divert yourself away from the source of your stress.

Everyone loves music, whatever form that may take. This effective stress buster is an easy and quick way to relax and loosen up when you don't have a lot of time available. Sing along if you're in the mood. There is a lot of scientific evidence showing that both music and singing relieve stress and lower blood pressure. Singing is actually a good physical workout and relieves muscle tension as effectively as any other exercise.

Speaking of workouts, a good blast of physical activity is a great stress reliever. Some people prefer aerobic exercise and others like anaerobic workouts. While aerobic exercise like jogging is generally better for lowering your blood pressure and strengthening your heart, an intense session on a punching bag or other strenuous exertion can often relieve stress more effectively.

After a workout you may need another form of stress relief: rest and relaxation. Most of us don't even get the eight hours of sleep we used to believe sufficient, let alone the 9 or 10 hours many experts now recommend.

Taking a break, spending time with friends and family, listening to music, exercise and rest; these are just a few easy ways to unwind and prevent modern stress from taking another casualty.

About the Author

Jan Oliver is an academic, writer and researcher in natural health. See more of her work at <http://www.control-your-blood-pressure.com/>. Discover genuine natural ways to [lower blood pressure](#) immediately. [Click Here](#) to get your free report on dealing with blood pressure.

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