



5 Tips to reduce the stress in your life



5 tips to restore your life balance

The good news is you don't need to stress about your stress. We've got some excellent tools to reduce stress in your life.

1 Try Box Breathing

Deep breathing is one of the best ways to lower stress in the body. Breathe in for 4, hold for 4, breathe out for 4, hold for 4. Repeat.

2 Get Into Nature

Research has shown, barefoot contact with the earth can produce nearly instant changes in a variety of physiological measures, helping improve sleep, reduce pain, decrease muscle tension and lower stress. So, take off your shoes and find a patch of grass to dig your feet into.

3 Have a Cuddle Puddle

Relaxing endorphins are released when you snuggle a kitten or pat a dog.

4 Download SOLFEGGIO frequency music

Its frequency works on your DNA to relax you.

5 Meditation

Whatever it means to you, sitting still or going for a run, just take time out and go to your happy place.



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