



Dec 28, 2017

5 Tips to reduce stress

Written by [Haneen Kanaan](#)

Nowadays stress is increasing very rapidly especially in the young generation. Due to continuous stress, it will start damaging your body parts such as heart disease, diabetes, and asthma, etc. In many cases, after a while, the stress converts into depression which is a very serious medical illness so we should try to remove stress before it converts into depression. There are two types of Stress, internal and external. Internal stress affects your feelings, imagination, memory, attitude, and thoughts which means that it converts your way of thinking, feeling and imagination toward a specific thing. External stress affects your external parts, for example, hair loss, stomach upset, sleep problem, headache, etc. In this article, I will discuss few tips by which you can reduce stress in order to live a peaceful and healthy life.

The first tip is to sleep well

Because most of the time stress occurs when we are not sleeping properly. There can be two reasons for getting stress due to sleep. First, you are not sleeping for enough time which means that your brain and body wants more time to sleep. The second one is when you are not sleeping properly it can be due to the bad condition of bed, environment, or timing at which your body is not used to sleep. So, if you are feeling stressful then try to sleep well at a comfortable place and also to sleep enough time.

Second tips is that talk to someone

If you are under stress then try to discuss or talk to someone with whom you feel comfortable because when you talk about it then it will gradually decrease the stress. As by discussing the stress, you will definitely feel much better and then they can also give you advice about it as during stress you only get the negative thoughts. But in order to get the positive feedback, it is very important to talk to the right person otherwise negative feedback can also increase your stress.

The third tip is to try to manage your time

In many cases when you have a lot of things to do in a limited time it creates stress. So, in order to avoid it. It is better to note down your tasks which you have to do and then divide them in such a way that you could do it in that limited time. Otherwise by just thinking about it that you can't do it or you don't have enough time. It will definitely increase the stress.

The next tip is to try to do any relaxation techniques

In yoga, there are many exercises by which you can get the mental peace and calmness. So, in such situation, you should try to forget about everything else and try to do some yoga exercise which will help you to reduce the mental stress and by which you can protect your body internally and externally.

The last tip is to stay positive

Because sometimes the stress starts with a negative thought which starts ruining you. So, If you avoid such thoughts and try to stay positive in every case then you don't only have a peaceful and healthy life but also you would do your tasks effectively and efficiently. Always remember that stress never helps you to solve a problem, in fact, it creates more, slow down your productivity and kills creativity. So, it's better to stay away from negative thoughts and take a right action if you feel that you are going through a stressful time.

[Blog Link](#)