

Simple Stress Management Tools

Stress is a natural part of life, but chronic stress can take a serious toll on the body. It is especially difficult for those managing illness or chronic conditions. Too much stress can cause inflammation, decreased immune function, and digestive problems. Below are a few simple tips to reduce the impacts of stress and keep you feeling your best. Building a well-being toolkit can improve resilience and enhance your quality of life.

Daily Tips for Reducing Stress

Get Moving Physical activity helps reduce stress hormones and increase feel-good endorphins. Aim for at least 20–30 minutes.

Nourish Your Body Eat a diet rich in whole foods, lean proteins, and healthy fats. This stabilizes blood sugar and prevents crashes.

Water and Electrolytes Drink enough water and include a quality electrolyte. This supports mental clarity, focus, energy, and well-being.

Mindful Routines Create space in your day for a few minutes of intention and quiet. This can include journaling, sipping tea, or stretching.

Limit Caffeine and Sugar Coffee, energy drinks, and sugar can lead to anxiety and energy fluctuations. Instead choose herbal teas and satisfy sweet cravings with fruit.

Vitamin C – This essential vitamin helps the body support the stress response. Eat foods like citrus fruit, bell pepper, and strawberries.

Quality Sleep Quality sleep allows your body to repair, relax, detoxify, and support immune function. Aim for 7–9 hours every night.

When sleep suffers, everything suffers.

Grounding or Earthing Contacting the earth with bare feet, or using a mat, helps reduce stress, improve sleep, and balance cortisol.

Nature Bath Being outside reduces stress, improves mood, and enhances focus. Natural light improves sleep, boosts serotonin, and supports emotional well-being.

Reduce Screen Time Excessive exposure to screens, especially before bed, increases stress and disrupts sleep. Instead you can read, meditate, or listening to calming music

Magnesium – Deficiency is common and is depleted with stress. Include a supplement or foods like nuts and seeds, cheese, legumes, whole grains, and green vegetables.

Try These Techniques For Acute Stress Relief

Physiological Sigh

A deep slow nasal inhale, a second shorter inhale, then a long slow exhale. Repeat 5 times for acute stress relief.

Progressive Muscle Relaxation

Tensing and relaxing muscle groups in the body, promoting overall relaxation and heightened awareness of physical sensations.

