

# 10 ways to eliminate stress are simple and extremely effective

Great ways to relieve all stresses and worries that you can apply anytime, anywhere.

No matter how happy your life is, be honest about one thing: **no one can escape stress** . No one guesses that tomorrow will be more fun or worse and no one dares to affirm: *"I am never stressed"* , regardless of whether you are a normal person or a billionaire.

So why are people happy, others unhappy? Simple. Differences lie in the ability to control stress. Happy people always have ways to worry and fear does not overwhelm them, while unhappy people are completely under control.

If you belong to the second group of people, try applying the following stress relief methods immediately. Be persistent and you will find them very effective.

## 1. Eat healthier

Although stress is an unstable psychological sign, there are many environmental factors that can make people fall into this state. To dispel worries, make sure you are "treating" your body well and a huge part of that concern is diet.



According to **Gilles Barbot** , founder and director of **Esprit de Corps** , a company that provides leadership training courses, *"there is no miracle food that can resist stress, however, It is better to use an alkaline-rich diet than to eat foods high in acid "*.

Alkaline-rich foods include baking soda, lentils, onions, pineapples, pumpkin seeds, raspberries, sweet potatoes, vegetable juices and watermelons. You can visit [here](#) for a complete list of alkaline foods.

## 2. Wake up earlier

One thing is for sure, getting enough sleep will help you get less "offensive" stress. However, if you're in a stressful state, you can change by getting **up to 15 to 20 minutes early in the morning**.

By adding "free" time, you will not feel rushed to personal hygiene, prepare breakfast for the whole family and comfortably choose your favorite office attire. Moreover, getting up earlier than usual and playing a non-verbal song or dancing to the tune of a vibrant song is an effective way to reduce stress.

Psychologist **Leslie Carr** from **San Francisco** advises that *"Take time for yourself in the morning to control yourself. Quite a few people start a day as a rocket and never feel better that way "*.



## 3. Let the tension motivate you

Because you can never eliminate stress completely from life, one of the best ways is to turn stress into "leverage." The psychological and physical reactions generated by the appearance of anxiety can cause us to be vigilant and explore the energy to fight or escape a threat.

Next time, when you feel stressed, act immediately. Such as worrying about heaps of work to do next week? So don't wait, you can start working today (even if you have to stay up to 3 in the morning to complete it, no problem). If the stress of the rent is due next month, find a part-time job as soon as possible.

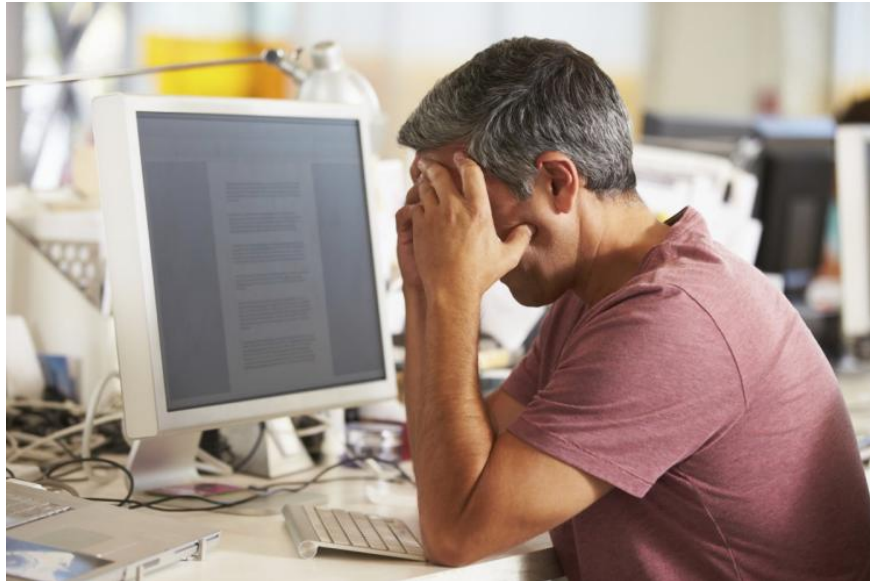
## 4. Watch funny videos

This is a very simple and practical way: **Choose a funny video on YouTube to relax** . Research shows that when you see something interesting, the brain will begin to have corresponding physiological responses in a positive way that makes us feel calmer and less anxious.

## 5. Walk

Walking will make **endorphins** more created in the body, helping to reduce depression and improve mood. As a result, you will feel less stressed and alert than before.

From now on, whenever possible, spend some time during the day walking outdoors. According to many studies, taking the time to enjoy the fresh air is a great way to put the brain into a "state of meditation", to relax the soul, restore energy and improve memory.



## 6. Focus on the breath

Thoughts are directly related to the breath. When your chest is heavy, you think a lot or you feel anxious, your breathing will be overwhelming. At this point, you can balance your mind by inhaling deeply for about 5 seconds and then, exhale freely also during that time.

## 7. Bathe cool water

Hydrotherapy has many benefits for the body. When exposed to cold water, the capillaries will open and when returned to normal state will push blood to organs in the body, while affecting the endocrine glands causing chestnut skin to become rosy and reduce stress.

## 8. Listen to music

Music is able to make the energy in the body recover or decline very quickly. So, when you feel stressed, open your favorite song, increase the volume and you can recite its melody. However, one thing to note is to choose positive songs.

## 9. Successful visualization

Prevent your mind from imagining "worst scenarios" or thinking "what to do if ." by visualizing and focusing your attention on what you want to happen in life. In addition, when you feel anxious due to losing confidence in yourself, you can also recall the successes achieved to encourage yourself.



## 10. Drink a glass of green vegetables smoothie

Green vegetable smoothies are a great way to absorb nutrients from vegetables and fruits, boost your immune system, eliminate cravings for unhealthy foods (which can make you feel feel more stressed) and energize the brain. You can try making kale, spinach, ginger, lemon, banana and blueberry.

Now you know 10 great moves to eliminate stress. Apply now and always!

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