

# 24 simple tips to help you relax, reduce stress in just 5 minutes

Try applying 24 ways to reduce stress and fatigue in just 5 minutes or less below, help you relax your body and regain a quick balance!

In each of us, it seems that everyone faces stress once, maybe because of work pressure, family burdens, trouble with friends, lovers or financial problems, . Sometimes We feel **so stressed** that we want to " *relieve stress* " on someone. The best thing you need to do then is **to relax yourself** . Try applying 24 ways to reduce stress and fatigue in **just 5 minutes** or less below, help you relax your body and regain a quick balance!

## Food and drinks



1. **Sip a cup of green tea** . Instead of flushing your ears with anger, drinking a cup of green tea will help you feel better. Green tea is an abundant source of amino acid L-Theanine - relaxes, combats stress, anxiety and anxiety, while helping to strengthen resistance. Boil water, pour in and sip each sip of tea to soothe the mood.
2. **Eat chocolate** . Just a small chocolate bar can help your spirit calm down. Black chocolate helps regulate levels of anti-stress hormones and stabilizes metabolism.
3. **Click a little honey** . Fly stress, tired by clicking a spoon of honey. Besides naturally moisturizing and antibacterial skin, honey also provides compounds that help reduce inflammation in the brain, preventing depression and anxiety.

4. **Chewing gum** . Sometimes there is nothing comfortable by sipping a candy bar when stressed - a study has shown that stressful adults often crave brittle and salty snacks more than usual.

## "Hide" in your own world



1. **Meditation** . You don't need to attend a retreat "traveling" on the mountain - all you need is to spend 5 pure minutes to reach the realm of meditation. There is evidence that two quiet meditation sessions each day can help reduce stress and depression. Find yourself a quiet place, focus on breathing, you will see worries begin to disappear.
2. **Lay your head on a cushion or pillow** . There are days when everything we need is a deep and long sleep. But you can't always sleep well in the middle of the office. Prepare a pillow at the office to tilt your head up and relax. Alternatively, you can try another way: Head your head on the chair for a few minutes and imagine the cotton pillow smoking your troubles.
3. **Breathe evenly** . Is there a simpler way to relax? Slowly breathe deeply to help reduce blood pressure and heart rate. In addition, you can try pranayama breathing method - a yoga method that helps relieve anxiety. This method must be carried out in the same way as acupuncture, mind balance and body can eliminate unnecessary problems.
4. **Try progressive relaxation**. Are you feeling anxious? Just brace yourself, then relax and repeat like that. Progressive relaxation involves straining muscles in one part of the body at a time to keep calm. This method (used for actors) is the best way to help you sleep well.
5. **Countdown** . Not an IQ test, it's a way to relax. When you feel nervous, count from 1 to 10 and then count down to feel more calm. You won't be able to consider stressful situations like job interviews or an important appointment while you're busy counting and remember how many numbers in front of 7 are.
6. **Use "visual creativity"** . The doorbell rang. That's Ryan Gosling (or Elizabeth Banks), and he / she wants to know if you will marry him / her? - "Yes!" You shouted loudly. Then apologize, the time is over and it's just a little dreaming, also called "creative visualization", related to thinking of something that makes us feel happy. It was an instant mood on busy days when feeling stressed.
7. **Close your eyes** . James Taylor said: " *You can close your eyes, that's the best way.* " Take a break and "leave the job" with the office mess by closing your eyelids. This is a simple way to keep calm and focused.

## Relax the body



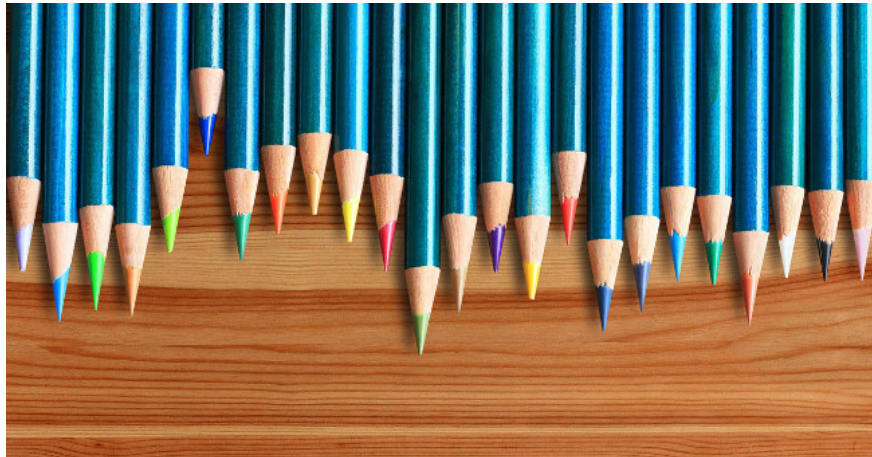
1. **Self massage with one hand** . When there is no massage staff nearby, try to massage yourself to relax and calm down. Massage is a particularly useful way for people who have to type on the keyboard continuously. Apply a little lotion and start gently massaging beneath the fingers. This action also helps to ease the tension in the shoulders, neck and scalp.
2. **Roll the foot on the hard ball** . Bring a ball with you when you go to work. You can enjoy great massage moments by rolling your feet on a golf ball or some ball of similar size.
3. **Squeeze the ball to relieve stress** . On days when you want to "strangle" someone - your colleague, friend or driver, squeezing the ball to relieve stress is the best alternative. It is both simple, easy to carry and non-violent, so you should relieve stress this way.
4. **Put cold water on your wrist** . Put the perfume bottle aside and go get a glass of cold water. When stress strikes, go to the bathroom, drip some cool water onto the wrist and behind the earlobe. This position has a large artery located just below this skin layer so a little cool water here can cool the body.

## Change the working environment



1. **Find a place with sunshine** . Sunlight can reduce stress. If it's a sunny day, come out the best way to regain your spirit. Sunlight can be an effective treatment for people who are depressed and can even make them happier.
2. **Look out the window** . Absolutely do not do " *spy* " neighbors if not allowed. When things get too busy, take 5 minutes to rest and do nothing, but don't stare out the window. Observe the natural scenery such as trees and public parks for example.
3. **Stay alone** . Not everyone wants to be alone but 5 minutes for yourself can help you gather thoughts and clear your mind.

## Entertainment and creativity



1. **Write something** . Just writing emotions on paper can make them less scary. Try writing a diary before a big exam can improve your score!
2. **Play crossword puzzle** . If you feel stressed, you can try solving some word puzzles. Brain games require a high level of concentration, which eliminates all anxious thoughts from your brain.
3. **Dance** . Turn on the music! Research shows that people feel less anxious after a few months of learning modern dance, but if it doesn't fit your style, take 5 minutes to make "a funny chicken". At the very least, dancing is a great way to train your heart.

## Funny and sociable



1. **Plan a vacation** . The sound of waves hitting the shore, the sand dunes are smooth, a gentle breeze blows into your hair. What a wonderful setting. Take a break at work and start watching some of the more interesting tourist destinations in the future. Sometimes the joy that comes with it lies in planning it.
2. **Play with pets** . After a long, stressful day, lying down and playing with your pet is great, isn't it? Take the time to relax, reduce stress with your pet!

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