

5 Ways to Reduce Stress

Chronic, unremitting stress can take a toll on your entire body. Learn more about what you can do to ease stress.



YOGA

Yoga training has long been linked to better cardiovascular health, among other physical and mental benefits.



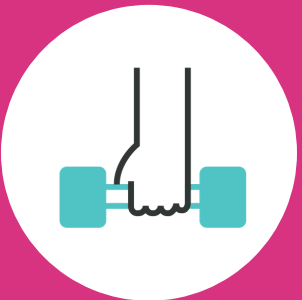
MEDITATION

Meditation is effective at reducing stress in the immediate term; the long-term practice of meditation makes positive physiological changes permanent.

DIET



Incorporating certain foods in your diet can help alleviate your stress. Try including foods rich in Omega-3s, such as avocado and fatty fish, and various nuts, which are full of vitamin B.



EXERCISE

Exercise releases endorphins, chemicals in the brain that act as the body's natural painkillers and mood elevators. The interaction of dopamine and endocannabinoids reduces stress as well.

SLEEP



Even in small amounts, sleep deprivation drives up your body's stress response and makes you more sensitive to stress. A good night's sleep can reduce signs of stress.