

You should try these stress management techniques



Yoga



Meditation



Exercise regularly



Eat balanced meals



Sleep regularly



Social support



Manage time efficiently

Experts Recommend Trying These Stress Relaxation Techniques



Breath focus



Body Scan



Yoga, tai chi, qigong



Mindfulness
Meditation



Guided Imagery

#1 Breath Focus



In this simple, powerful technique, you take long, slow, deep breaths (also known as abdominal or belly breathing). As you breathe, you gently disengage your mind from distracting thoughts and sensations.

#2 Body Scan



This technique blends breath focus with progressive muscle relaxation.

After a few minutes of deep breathing, you focus on one part of the body or group of muscles at a time and mentally release any tension you feel there.

#3 Guided Imagery



For this technique, picture soothing scenes, places, or experiences in your mind to help you relax and focus.

#4 Mindfulness Meditation



This practice involves sitting comfortably, focusing on your breathing, and bringing your mind's attention to the present moment without drifting into concerns about the past or future.

#5 Yoga, tai chi, and qigong



These three ancient arts combine rhythmic breathing with a series of postures or flowing movements. The physical aspect of these practices can offer a mental focus that can help distract you from racing thoughts.