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
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.
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.
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.
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.