

9 Stress Relief Strategies That Work for Any Lifestyle

Description

Stress is often referred to as the silent killer. Everyone faces some level of stress at some point in their life. However, constant, everyday stress is hard on your body. It can lead to serious physical problems, including fatal diseases like heart disease. Your body is capable of dealing with stress, but there is a limit to how much one person can handle.

One of the most common symptoms of stress is difficulty sleeping. And lack of sleep also causes stress. It's a never-ending cycle, but some people have found great success in using Cannabinol (CBD). CBN is a variant of CBD that improves sleep. Many people use [CBN for enhanced relaxation](#).

Stress is Connected to the Number One Cause of Death Worldwide

While everyone has stress in their lives, everyone doesn't handle it exactly the same way. How you handle stress can affect your health. Too much stress can lead to high blood pressure, one of the main causes of heart disease.

[The American Heart Association](#) notes that the specific connection between stress and heart disease isn't clear. However, stress triggers the "fight or flight" adrenaline rush. If you're under constant stress, your blood pressure will undoubtedly increase. How can you help keep your stress levels low?

9 Ways to Relieve Stress

Managing stress doesn't come with a one-size-fits-all instruction manual. What may reduce stress for one person may CAUSE stress in another. However, there are a handful of methods that seem to benefit almost everyone.

9 stress relief strategies that work the best include:

- 1. Stay active.** "Blowing off steam" doesn't always mean verbally venting your issues. Being active, especially through exercise, can help give your body a break from the stress.
- 2. Practice mindlessness.** You've likely heard of practicing mindfulness, but have you tried practicing mindlessness? Distracting yourself with a good book or a binge-worthy TV show can help take your mind off your troubles.
- 3. Keep breathing.** Meditation is one of the most recommended methods of dealing with stress. Obviously, meditation can be hard to achieve when you're stressed, so consider heading to a site like [The Hemp Spectrum](#) to find CBD products that can help you to calm down and concentrate on your breathing. As long as you're still breathing, you can overcome anything.
- 4. Embrace nature.** Many people find the sights and sounds "or lack of sounds" peaceful. Something about nature is innately calming.

5. Find a hobby. Similar to mindless entertainment, hobbies are a great way to keep your mind busy. They often have personal meaning, such as needlepoint passed down through generations.

6. Surround yourself with friends and family. Interacting with family members isn't always relaxing, or stress-free. However, if you are lucky enough to have close, stress-free relationships, utilize them to help ease your stress.

7. Light a scented candle. Aromatherapy is a very trendy, and science-backed, stress-reliever.

8. Eat healthy foods. "You are what you eat" isn't just something your mom used to say. What we eat can affect every part of our lives, including our stress levels. Eating healthy helps you mentally and physically.

9. Go for a drive. Driving down winding back roads with your hair blowing in the wind is a classic stress reliever that never goes out of style.

Stress is a fact of life. But learning to handle stress in the most positive ways can help reduce this health danger immensely.

Date Created
2020/09/30

default watermark