# The Catholic University of America - Stress

## Decreasing Stress Naturally

Become aware of your stressors – do certain situations trigger your body’s stress response? By being aware of what triggers you to be stressed out, worried, and anxious, you can learn to manage these feelings and emotions.

Learn to reverse the stress response – once you’re aware of what’s happening to your body, you can decrease stress naturally. Try relaxation breathing or meditation. Staying in the “now” is the cornerstone of practicing mindfulness which can bring a sense of purpose and balance into your life.

Take care of yourself physically – one of the best natural stress relievers is physical activity. You don’t have to be a professional bodybuilder to reap the benefits. A brisk walk (or jog) in the fresh air a few times a week has endless health benefits, including reducing stress. If you enjoy playing a sport, try doing it more often and begin to feel better from the cardio-based activity.

Think positively – Make an inventory of which areas of your life could use improvement, and which aspects bring joy and happiness. This way, you can figure out if there is a healthy balance, and what you need to work on. The happier you are, the less stressed you’ll be!

Meditation – a natural way of calming down and relaxing is engaging in medication and mindfulness. This could be as simple as focusing on your breathing in a quiet environment for ten minutes to as complex as going to the beach and becoming conscious of your surroundings.

Music therapy – listening to your favorite songs can have a soothing effect and melt away stress with every note.

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