

Relaxation

Relaxing is a great way to lower your stress level. It helps you to work more efficiently. Anytime you feel your heart rate start to rise or your muscles begin to tense you know it's time to relax. Many people ignore the signs. But by realizing when and where you can relax, you can easily eliminate these symptoms.

Practice Makes Perfect

Learning to reduce stress takes practice. You should set aside 15-20 minutes a day to practice relaxation. Once you become comfortable with the feeling, you can relax in almost any situation. There are certain times when your body will unwind naturally, such as after a meal or before going to sleep. These activities usually take place when you are away from the sources of your stress. But when you are surrounded by deadlines and responsibilities, your body will not automatically relax. Make a conscious effort to relax the next time you are in a stressful situation.

Have patience

Once you've learned to relax in a place where you normally would not be able to, relaxing will come more quickly and easily. The more you practice relaxing, the better you will feel. This can be especially helpful when you're feeling the stress of a deadline, or when those bills are due at the end of the month.

The signals are there

When should you practice relaxing? Anywhere, anytime. Your body has a natural alarm to let you know when it needs you to relax. Its called stress.