

The best techniques for relieving stress fast

There are four main ways of approaching stress relief: (1) Focusing on your body, (2) focusing on your emotions, (3) focusing on your mind and thoughts and (4) focusing on your lifestyle. And there are many different techniques known for each approach and that adds up to more than 50+ different techniques for managing stress better, which is a lot. Test them all and find the ones that work the best for you.

Focusing on your lifestyle

The best techniques:

- Increase your margin (Margin is the space between your workload and your limits)
- Choose your battles carefully
- Use the "good enough" concept to your advantage
- Build up the tolerance threshold
- Eliminate the source of stress
- Organize or clean something
- Stop repeating your past mistakes

Other ideas:

- Play more (with your kids)
- Help other people or volunteer
- Make a donation or fight for a good cause
- Simplify your life
- Become a minimalist
- Set strict limits and limit work in progress
- Be more assertive
- Get a pet or start a new hobby
- Manage your time better
- Take a day off
- Take mini vacations
- Downgrade your spending
- Put yourself first
- Find a mentor or go to therapy

Focusing on your mind and thoughts

The best techniques:

- Analyze why you like stress
- See stress as your friend
- See reality more accurately
- Ignore your mind
- Get yourself into the flow
- Stay flexible and free like a bird
- Keep positive outlook about the future

Other ideas:

- Visualize states of relaxation (autogenic training)
- Make a journal entry and describe your situation
- Watch a comedy or your favorite TV show
- Count to 20 very slowly and then backwards from 20 to 0
- Read jokes or browse memes
- Read more books
- Pray
- Practice mindfulness (the raisin method)
- Update your mindset

Focusing on your emotions

The best techniques:

- Surrender
- Go out and hug or talk to people
- Practice the inner smile

Other ideas

- Practice gratefulness
- Join or build a support group
- Listen to music that positively influences your emotions
- Form a powerful life mission
- Make a list of healthy responses
- Watch a motivational movie
- Schedule worry time
- Express your emotions

Focusing on your body

The best techniques:

- Exercise
- Belly breathing
- Cold shower

Other ideas:

- Stretch
- Improve your body posture
- Get a massage
- Do yoga
- Have sex (but not as an addiction)
- Sleep it off
- Eat a better diet and take supplements (Magnesium, B-complex, Vitamin C)
- Eliminate coffee or other stimulants

More information about the techniques: <https://agileleanlife.com/how-to-relieve-stress/>