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Shopping



De-stress Your Life

By Lisa Charleyboy

There are times when life just seems to take control of you rather than the other way around. During these periods, the best method is to try to stay calm and wade through the choppy waters and stay afloat. Don't let life wear you down, take control and do everything you can to own it even during times of stress duress.

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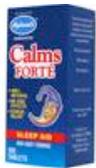
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Sleep Soundly

One of the simplest ways to reduce stress is to get a good night's sleep, which should be at least six hours. When your body is lacking sleep, it creates extra hormones that make you even more vulnerable to anxiety and stress. Creating rituals like drinking chamomile tea as you prepare for bed enables your mind to gear down for the night. It has properties that help relieve anxiety and promote sleep. Taking a bath with a lavender scent can also have a similar effect. If you are still having difficulty sleeping, try a natural sleep aid like Hyland's Calm.



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Move Your Body

Exercise is a major way to decrease 'stress hormones' like cortisol and increase endorphins, which can give you an instant mood makeover. Although it may seem difficult to tear yourself away from your work when you are feeling like there is more work to do, it can ultimately help you work more effectively. If you are really torn for time, try setting up a treadmill at home. Many styles are now foldable making them ultra compact and easy to fit underneath a bed. Yoga is a great low-impact workout that can minimize the impacts of stress on yourself and help you regain inner balance.



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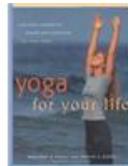
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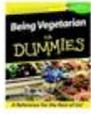
Nourish Thy Body

While stress can eat away at your time, it is important to still make sure you are making healthy eating choices. This is most likely the time when pizza and cookies seem irresistible but maintaining a good diet will help fuel your midnight fire. Try picking up a few books on nutrition to make sure your eating habits are all in check. For a quick fix, taking a vitamin B complex daily will help ease your nerves. Its primary role is to make sure that the nervous system works well so it can help alleviate anxiety and stress symptoms.



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Take Charge of Your Life

Being stressed out can mean that you are overscheduled and perhaps dizzy with deadlines. Getting on top of them can sometimes mean more than entering them in your online calendar that can be overlooked. Getting a wall or desk monthly calendar and putting the most important deadlines and meetings helps you stay on task all month long. If you need something more on the go, get an agenda and put only high priority items in the calendar. If you use post it notes a lot, keep them all in one area of this agenda to get you on top of your game.



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