How to relieve anxiety

Many of us get anxiety, here are 3 tips to get your mind away from the source of the stress to relieve the anxiety.

Exercise

People who exercise regularly are less likely to experience anxiety than those who don't exercise. Exercise helps release endorphins and lowers your body's stress hormones. People who exercise regularly are more likely to feel confident which promotes mental wellbeing. Find an exercise routine or activity you enjoy and you are more likely to stick with it.

Avoid Procrastination

Procrastination can lead you to act reactively which can cause negative affects to your health and sleep quality. Especially during these times, it is important to stay organized and get into the habit of making a to-do list. Give yourself realistic deadlines and work your way down the list.

Mindful breathing

Deep breathing reverses the stress response by slowing the heart rate, lowering blood pressure and calming the mind. Deep breaths can take your thoughts away from the source of the stress and back to the present moment.