



## How to De-Stress

We all feel stressed at some point in time and that's normal. It's part of the human condition. However, the interesting thing about stress is that it can easily be controlled. If you are also battling stress and want to find ways in which you can de-stress, try any of these five steps. In no time, you will be able to unwind and reclaim your life from stress.

### 1. Deep Breathing

Aligning your body and breath is a secret [yogis have been suggesting](#) for centuries. Pranayama is considered to be the source of life and energy for all human beings. Also, as you breathe deeply, you get an extra boost in oxygen that helps to slow down your nervous system and make you calm. So, if you want to instantly de-stress and reduce your blood pressure, focus on a few deep breaths.

### 2. Eat Foods That Help Boost Mood

Diet plays an important role in the functioning of the human body. Therefore, it makes sense to understand that diet affects your mood and stress levels. A healthy diet is the best thing for your mind and body and when you're stressed. Sometimes even a little junk food can boost your mood because it releases small quantities of serotonin. Like having chocolate or ice cream when you're feeling sad or low. But this is just temporary however, as I encourage a healthy diet to keep you feeling good at all times.

Here are some foods to [help boost your mood](#):

- Foods rich in Omega-3 Fatty Acids (you can find plant-based sources)
- Probiotics (you can find dairy-free, plant-based sources)
- Whole Grains
- Leafy Green Vegetables

And other healthy foods

### 3. Show Some Compassion

Being around people helps you feel good. A strong social network reduces stress and anxiety and if you have a stable, loving relationship, it can do wonders.

Women in particular respond well to physical attention from their partner. This is because physical touch helps them to release happy hormones called, endorphins. If you want to de-stress after a long, hard day, a tender kiss or loving hug is good for both of you and can help uplift your mood.

### 4. Take a Walk

An extremely easy way to change your mind and feel relaxed is to put on your shoes and go for a walk. [As you walk](#), your mind enters a meditative state and decreases stress hormone levels.

And the ultimate way to de-stress is to plan a walking holiday. This could be anywhere for trekking or hiking. Interacting with nature opens your mind and gives your body the soothing effect it needs. But don't think that you need a fancy hiking trail to enjoy the benefits of this de-stressing exercise. You can walk anywhere, anytime and you will receive the same benefits when it comes to reducing stress.

### 5. Pet a Dog

If you haven't adopted a dog yet, you may want to after reading this. A furry friend at home can help you. According to statistics, interacting with animals helps to [increase levels of the hormone oxytocin and reduce the levels of cortisol](#).

Thanks to the stress-busting benefits of pets, owners are likely to live longer than a year after a major heart attack. There is absolute truth in the statement - dogs can help save your life.

So, next time you feel stressed, think of what you can do to feel better instead of pondering upon the problems in your head.