

6 Tips To Reduce Physical Stress

1. Drink Plenty of Water - Water is an essential component of life because every cell of the body uses it. It helps to reduce blood pressure, aids in elimination of waste from the body, balances acids in the body, and carries nutrients into all the body's cells. Water also helps to reduce the risk of colon cancer and cardiovascular disease by processing the indigestible portion of food called fiber. How much water is sufficient to drink daily? A good rule of thumb is to drink about eight to ten eight ounce glasses of water or other liquids each day (not counting caffeinated drinks like coffee which lowers the amount of water in the body). ----- 2. Eat Breakfast, Lunch, and Dinner - Fortifying your blood sugar levels throughout the day with healthy meals will keep you fueled and ready to go all day long. Try to include a protein, high grain carbohydrate and fruit or vegetable in every meal to balance out the blood sugars and satisfy your appetite. Have healthy snacks throughout the day as well so you are less likely to overeat at mealtimes. Apples not only provide lots of fiber but all that bulk makes you feel fuller, so enjoy an apple a day. ----- 3. Stretching in the morning, mid-day, and evening - Taking just 5 or ten minutes to stop and stretch can help relieve tight muscles and stimulate circulation. Pilates mat exercises are a great way to stretch quickly and easily almost anywhere. They are mind and body energizers, muscles lengtheners, and core/abdominal stabilizers. ----- 4. Elevate your heart rate daily - Go outdoors and take a walk, hike, or ride bike. Any activity that you like to do to get some sun and air will help you feel energized and clear your mind to focus on important tasks. Cardiovascular exercise done daily for 20 -60 minutes can stimulate your heart health and pulmonary function. A regular and consistent exercise stress reduction routine can improve your endurance, strength for daily activities, and improve your overall mood. ----- 5. Develop a Healthy Sleep Pattern - Same time to bed and same time to rise everyday keeps your body and mind functioning optimally. During sleep your cells regenerate and you grow stronger. So, if you want to work and play hard then make sure you sleep hard as well. Assure you have adequate wind down time at night by staying away from television and computer screens for as long as possible before going to bed to allow your mind to relax. Take a hot bath; water transforms. Stay away from processed foods, simple carbohydrates, and alcoholic beverages after 3pm because they will disrupt blood sugar levels. ----- 6. Live in the Present Moment - Listen to your body and respond to its needs. If you are hungry feed your body what it needs, healthy, wholesome foods. If you are tired take a nap. If you are feeling sluggish take a walk or bike ride, get out and enjoy the sun and fresh air. If you are feeling tense and tight in the muscles do some Pilates-based stretching exercises, once again they are easy to do anywhere you have a smooth surface to lie on.

About the Author

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