

# 5 Tips to help you reduce Stress

Stress is defined as a situation of excessive nervous tension, psychologically, a state of disruption caused by an attack.

Initially, stress was defined as a physiological response of the body to an exhausting, dangerous or distressing situation. The body then produces specific hormones. This notion was later extended to any state of disruption caused by a confrontation with danger, a physical or psychological threat, a difficult environment.

## Here 5 tips to help you reduce your stress... in less than 5 minutes!

### 1. Analyse an image

Get a nice-looking image with several small details, which you can hang near your desk, for example. When you face a stressful situation, take 5 minutes to fix the image by spending several minutes contemplating the details it in an extremely precise way.

### 2. Guided relaxation (meditation)

Guided relaxation plays an important role to help you relax and relieve stress. For example, I recommend Gabrielle Bernstein guided meditation which offers a variety of small relaxation exercises of only 3 or 4 minutes.

### 3. Breathing

Breathing really influences stress and reduces its symptoms. By simply taking a few moments for a deep breath, you will be

able to calm down quickly. Make sure that you are in a quiet place, place one hand on your stomach and inhale deeply through your nose, slowly counting to four. Then exhale through your mouth, always counting to four. Feel the air entering your lungs, focus on the breath in your mouth.

## 4. Walking

Go out for 5 minutes to get some air. However, the exercise doesn't stop there: you will have to walk quietly, paying attention to all the sensations that stimulate your senses, such as the heaviness of your steps, the wind on your face, the fabric of your gloves on your hands, the singing of birds or the small rocks on the sidewalk.

## 5. Visualization

Visualization can be used in all situations. In this case, you will most likely be able to reduce your stress level by visualizing a place, real or imaginary, in which you feel totally comfortable. The important thing is not necessarily to see images in your head, but rather to try to feel the sensation of relief and well-being that this place gives you. Do this visualization regularly, for 5 minutes, even in quiet moments. This will help the effects to be done more quickly when you feel the need.

Above all, don't despair: it is really possible to overcome stress, by taking the time, changing certain habits and using the right tools, and being patient.

**Read more: [Tips to reduce the stress of a completing project](#)**