

6 Effective Techniques for Stress Management

MINDFULNESS MEDITATION

Take 5-10 minutes daily to focus on your breath. When your mind wanders, gently bring it back. This builds calm and perspective.

PHYSICAL ACTIVITY

Move your body for at least 30 minutes most days — walking, dancing, or yoga all count. Exercise boosts mood and eases tension.

DEEP BREATHING

Slow, deep breaths activate your body's relaxation response. Inhale deeply, hold, then exhale slowly. Repeat 5-10 times.

CONNECT WITH NATURE

Spend 20 minutes outdoors each week. A walk in the park, gardening, or hiking can lower stress and boost mood.

JOURNALING

Write down your thoughts, feelings, or gratitude. This helps process emotions and reduce anxiety.

HERBAL REMEDIES

Enjoy calming teas like chamomile, lavender, or my Calming Destressing Herbal Tea as part of your evening wind down.



Try one or two of these techniques this week and notice how you feel. Small steps toward stress management can make a big difference.

Nourish. Move. Glow.

