

Ways to Decompress



We all have times in our lives where we feel like we have one stress after another. The weight of the world weighs heavily on our shoulders. Sometimes it is fleeting; other times you

want to shout out to the universe enough already!



Though it would be nice to have stress-free days, life just doesn't work that way. And if you don't decompress every now and again, then Everything is Overwhelming.

I find myself good at handling the big challenges, but

sometimes the little things just get under my skin.

So what do you do to relieve the stress? Here are some of the ways I try to redirect the annoyance, anger, problem or just plain crankiness.

Take a break and carve out some quiet time. Making a nice cup of tea, finding a good magazine and just taking 20 minutes to myself with magazine distraction is an easy balm for the soul.





Exercise. I've decided that I would be a very grumpy person if I didn't exercise. It doesn't have to be to a fancy gym or with a trainer. A brisk walk, a long bike ride, a hike, or stretching are easy, non-costly things that pay big dividends.



Watch a sunset or sunrise. Taking the time to mark the beginning or ending of a day, may help your realize that the sun will be up again tomorrow.





Turn off your technology and get outside. A trip to my garden/hen house magically erases anything that is weighing heavily on my mind. Not sure why that is, but I seem to forget the woes and concentrate on what's blooming, who's eating my strawberries or time to pull that weed.





Baking. I tend to do this when I'm a bit aggravated. I throw on my apron, turn on the music and bake. The only danger is that it may be a dessert or something decadent.



Run a bubble bath and light some candles. Easing into warm water with bath salts can provide a well-deserved “Calgon take me away” moment.



My children are such sources of joy. If they are not nearby to hug, I play my many years of memories in my mind and remind myself how lucky I am. I pick up the phone and call them, or

send them a funny text. Their quick responses are a reminder of how loved I am. They always put life in perspective!



Love on the dogs/cats. Did you know that petting an animal actually lowers your blood pressure? Our pets love us unconditionally and will provide the love and attention we need when we are feeling our lowest.







Do something creative-for me it is finishing or tweaking a painting.







Do something nice for yourself. Buy flowers. Get a haircut. Taking the time to acknowledge you need some pampering is a good thing.





When all else fails, turn it over to a higher being. Sometimes you just need to let it go and trust that it will all be okay.



What do you do to relieve stress? Wishing you a relaxing Tuesday!

Mary