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Top 10 Stress Relievers: The Best Ways To Feel Better

From [Your Guide](#), Elizabeth Scott

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There are many ways to reduce tension and relax. Here are the ten stress relievers I believe are most effective for the amount of work and time involved. Some can be learned in the time it takes to read this page, while others take a little more practice, but there's something here for everyone!

1. [Breathing Exercises](#)

Deep breathing is an easy stress reliever that has numerous benefits for the body, including oxygenating the blood, which wakes up the brain, relaxing muscles and quieting the mind. Breathing exercises are especially helpful because you can do them anywhere, and they work quickly so you can de-stress in a flash. The [Karate Breathing Meditation](#) is a great exercise to start with, and this [basic breathing exercise](#) can be done anywhere!

2. [Meditation](#)

Meditation builds on deep breathing, and takes it a step further. When you [meditate](#), your brain enters an area of functioning that's similar to sleep, but carries some added benefits you can't achieve as well in any other state, including the release of certain hormones that promote health. Also, the mental focus on nothingness keeps your mind from working overtime and increasing your stress level. Here's an article on [different types of meditation](#) to help you get started.

3. [Guided Imagery](#)

It takes slightly more time to practice [guided imagery](#), but this is a great way to leave your stress behind for a while and relax your body. Some find it easier to practice than meditation, as lots of us find it more doable to focus on something than on nothing. You can play natural sounds in the background as you practice, to promote a more immersive experience.

4. [Visualizations](#)

Building on [guided imagery](#), you can also imagine yourself achieving [goals](#) like becoming healthier and more relaxed, doing well at tasks, and handling conflict in better ways. Also, visualizing yourself doing well on tasks you're trying to master actually functions like physical practice, so you can improve your performance through [visualizations](#) as well!

5. [Self-hypnosis](#)

[Self-hypnosis](#) incorporates some of the features of guided imagery and visualizations, with the added benefit of enabling you to communicate directly you□re your subconscious mind to enhance your abilities, more easily give up bad habits, feel less pain, more effectively develop [healthier habits](#), and even find answers to questions that may not be clear to your waking mind! It takes some practice and training, but is well worth it. Learn more about using hypnosis to manage stress in your life.

6. [Exercise](#)

Many people exercise to control weight and get in better physical condition to become more healthy or physically attractive, but exercise and stress management are also closely linked. Exercise provides a distraction from stressful situations, as well as an outlet for frustrations, and gives you a lift via endorphins as well. This article can tell you more about the [stress management benefits of exercise](#), and help you get more active in your daily life.

7. [Progressive Muscle Relaxation](#)

By tensing and relaxing all the muscle groups in your body, you can relieve tension and feel much more relaxed in minutes, with no special training or equipment. Start by tensing all the muscles in your face, holding a tight grimace ten seconds, then completely relaxing for ten seconds. Repeat this with your neck, followed by your shoulders, etc. You can do this anywhere, and as you practice, you will find you can relax more quickly and easily, reducing tension as quickly as it starts!

8. [Sex](#)

You probably already know that sex is a great tension reliever, but have you officially thought of it as a stress-relieving practice? Perhaps you should. The physical benefits of sex are numerous, and most of them work very well toward relieving stress. Sadly, many people have *less* sex when their stress levels are high. Learn how to [avoid this trap!](#)

9. [Music](#)

[Music therapy](#) has shown numerous health benefits for people with conditions ranging from mild (like stress) to severe (like cancer). When dealing with stress, the right music can actually lower your blood pressure, relax your body and calm your mind. Here are some suggestions of different types of [music to listen to](#), and how to [use music in your daily life](#) for effective stress management.

10. [Yoga](#)

[Yoga](#) is one of the oldest self-improvement practices around, dating back over 5 thousand years! It combines the practices of several other stress management techniques such as breathing, meditation, imagery and movement, giving you a lot of benefit for the amount of time and energy required. Learn more about how to manage stress with yoga.

Suggested Reading

- [Managing and Avoiding Holiday Stress](#)
- [Other Stress Relievers and Tension-Reducing Activities](#)
- [Yoga for Stress Management](#)

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Elizabeth Scott, M.S.

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