Easy Ways to Relieve Stress at Home

While it is not uncommon to experience stress, possibly even on a daily basis, it is also possible to find relief. Here are some natural ways you can find relief from stress in the comfort of your own home.

**Avoid These Unhealthy Methods**

Before you start looking at the healthy ways to relieve stress at home, you should be first aware of the ways you should avoid helping with stress. While these habits might seem like they are helping, you are actually heightening your stress overall. Make sure you don’t turn to the following unhealthy coping mechanisms:

* Drinking alcohol
* Smoking cigarettes
* Binging on junk food
* Avoiding responsibilities
* Sleeping too much or not enough
* Turning to drugs or pills
* Making erratic or dangerous choices
* Keeping busy to avoid your problems

**Move Your Body More**

One excellent way to relieve your stress on a regular basis is by getting your body moving. This keeps your mind occupied, releases endorphins and serotonin in your brain, and can be a healthy way to distract yourself from your problems. Even if you are not accustomed to working out a lot, there are ways to ease into a new workout routine. If you have a swimming pool, you can start swimming laps just a few at a time, then increase it every day. You can start taking your dog for a longer walk during the day or dancing in the living room with your kids.

**Try Meditation**

While it might seem difficult, meditation can be easy if you just give it a chance. It does take some practice, but before too long you will discover just how helpful it is. It not only helps to relieve stress, but can help with anxiety, depression, and other problems you experience in your life. An easy way to start meditating is by using visualization. Sit in a quiet room with your body relaxed and your eyes closed. Just spend a few minutes trying to visualize something that calms you, such as a running creek or waves crashing in the ocean. All you think about is that scene and nothing else for those few minutes.

**Take a Lavender Bath**

Baths in general can be relaxing, but there are certain essential oils that can be very beneficial. Lavender is one of the best ones for relaxation and stress relief. All you need to do is add a few drops of lavender oil to your bath then enjoy the calm you feel. You can also try lavender bath salts or bubble bath for the same effect.