

5 easy ways to de-stress in 5 minutes essay

[Art & Culture](#), [Music](#)



All of us have our share of stress. But how do we stand up to it? Here is a list of simple de-stressing techniques, which will help you get out of that negative state of mind in just 5 minutes. Your plan for the day is falling flat on its face, your inbox is shouting out with pending work, your children are crying for your attention, and you don't remember the last time when you slept like a log. Well, all of us have our share of stress that can hit us any time. But how do we stand up to it? Here is a list of simple de-stressing techniques, which will help you to come out of that negative state of mind in just 5 minutes. So, begin the countdown! Call a friend Most of us are so caught up with our busy lives, that we prefer texting over calling.

But, when in stress, it is always a good idea to pick up the phone and call up your friend. Just vent out whatever is floating in your mind and heart. Believe us, this will make you feel so light and fresh. So, the next time you find yourself stressed out, leave your work station, call your best buddy and take that weight off your chest.

Within 5 minutes you will be able to get things in perspective. Stretch your limbs If you sit for long you tend to feel a tension brewing around your neck and lower back. Physical tension is a major reason for mental stress. One of the easiest and quickest remedy is stretching. Try stretching your limbs and you will realise how relaxing it can be. So, next time you feel the pressure of the work getting to you, simply get up, stretch your arms and legs, move your neck around a few times and close your eyes for two minutes.

This will release tension from your mind and body. Visualise to clear your head Most of the times, our mind tricks us into creating a web of stress

inducing situations. So, it is a good idea to deceive your mind to believe that there is no panic or stress. Sit down at a secluded spot and imagine yourself to be in a place of your choice.

Find your happy place- it could be mountains, parks, beaches or a place familiar to you. Try to acknowledge the beauty around you and release all your worries. This will heal you in 5 minutes and get you going for the rest of the day. Play music in loop If you love music then you ought to have faith in its healing powers as well. Whenever you want to iron-out those creases from your forehead, listen to the genre of music you love most. It can be classical, jazz, instrumental, RnB or psychedelic. Music will put your mind to peace.

It will also allow you to think more clearly. Try to keep your music library updated and carry your mp3 player with you. So, do we hear you play your favourite song streaming, already? Go out for a walk A 5 minute walk can work wonderfully on your stress. When you feel overwhelmed by the situation, just take a quick walk around.

As you take the walk, don't leave your mind in an auto-pilot mode, instead learn to exercise control over it. In no time will you see your troubles melt before you. Appreciate the present and stop concentrating on the uncertainty of the future. A walk will not only help in stress management, but also boost the happy hormones- endorphins.

That will make you feel good for the rest of the day!