



Switch Off Stress

1. Take in nature

Spending a few minutes outside can calm you and make you more productive. Researchers have found that tranquil green surroundings help people focus. If you can't take a short walk, gaze out a window before tackling your next task.

2. Eat a better breakfast

Most women don't consume enough protein. That's a mistake, since the hormones that regulate stress need protein to thrive. Get a third of the recommended 50 grams/day and you'll prevent stress level from spiking.

3. Giggle everyday

Laughing can lower levels of cortisol, a stress hormone. When you can't make time to watch a sitcom, browse through an old photo album to relive hilarious moments.

4. Adjust your attitude

Whenever anxiety peaks put things into perspective by comparing your current circumstances with a life event that's truly dire. Imagine a scale of 1 to 10, with 1 being an inconvenience and 10 being a complete disaster. What you think of initially as an 8 may really only be a 3.

5. Call someone

Talking to a buddy can help you chill and you'll be more equipped to handle crises because a good listener offers an outlet for frustrations.

6. Refuel and recharge

Eat in a peaceful environment. Eating, by itself, strains the body. When you chow down in a loud, flashy setting it drains you even more. At home, turn off the TV during meals, and at work don't eat in front of your computer and listen to soothing music on your iPod.

7. Get moving

Small bursts of intense physical activity can reduce anxiety. Sessions as short as 30 to 60 seconds trigger the release of endorphins. Sprint up a couple flights of stairs, skip rope 50 times or do 50 jumping jacks.

8. Chill out at lunch

Have a stress-busting meal. A turkey sandwich with mustard, lettuce and tomato on wheat can make you mellow.

9. Breathe in, breathe out

A few minutes of daily meditation can reduce levels of cortisol. Sit silently with your back straight and your hands in your lap. Close your eyes and think about something simple and calming. Inhale for 10 seconds, exhale for another 10, and repeat 10 times.

10. Chew on this

Grabbing a stick of gum may help you relax. A recent study found that people who chew gum regularly report less overall anxiety

