**Social Media Posts 8 Techniques for Relieving Stress**

**Facebook:**

1. Did you know that practicing daily meditation can drastically reduce stress? LINK

2. To instantly beat stress, utilize relaxing scents such as lavender and rose LINK

3. If you find yourself constantly stressed, reducing your caffeine intake can help LINK

4. Practicing daily gratitude can help to reduce stress and make you happier LINK

5. Breathing exercises are a great way to combat stress instantly LINK

**Twitter:**

1. Daily meditation can really help to keep stress levels at bay LINK

2. Relaxing scents like lavender can instantly calm the mind LINK

3. Reducing how much caffeine you intake can help to relieve stress LINK

4. Daily gratitude is a great way to reduce your stress levels LINK

5. Combat stress instantly with deep breathing exercises LINK