**8 Techniques for Relieving Stress**

During a crisis, it’s common for stress levels to dramatically increase. The trouble is excess levels of stress can lead to emotional distress. It can have an impact on every aspect of your life and in extreme cases, cause issues with your physical health.

If you’re looking to heal after a crisis, it’s important to find ways to reduce your levels of stress. Here, we’ll look at 5 techniques you can use to relieve stress to achieve better emotional stability.

**1. Practice regular meditation**

Meditation is one of the most effective stress busting techniques you can use. However, it’s not always easy to get into. You will need to practice meditating in order to master the technique.

Even just 5-10 minutes a day to start with can make a huge difference to your stress levels. You’ll find plenty of guided meditation routines online you can follow.

**2. Daily exercise**

Another highly effective stress buster is exercise. Ideally, you should be getting at least 30 minutes exercise each day. This releases a feel-good hormone, naturally making you feel more energized, in control and happier. You’ll find yoga is an especially great exercise to combat stress.

**3. Try relaxing scents**

You can use the power of smell to reduce stress too. This is a great instant stress busting tip you can follow.

While all nice smells can prove relaxing, some are known to reduce stress more effectively than others. Focus on scents such as lavender, Bergamot, Rose and Ylang Ylang to experience fast stress relief benefits.

**4. Reduce your alcohol and caffeine consumption**

While having a single cup of coffee or a glass of wine in the evenings might help you function, too much alcohol and caffeine can be detrimental to your mental health. Caffeine in particular can increase anxiety levels when drunk in excess.

So, cut down your caffeine and alcohol consumption and see how much of a difference it makes to your stress levels.

**5. Practice breathing techniques**

Another instant stress reducer is deep breathing exercises. It may sound overly simple, but taking deep, slow breaths when you feel anxious or stressed can instantly reduce those feelings.

You’ll find lots of breathing techniques you can follow online. Try out different techniques until you find one that works for you.

**6. Maintain social connections**

If you surround yourself with loved ones, you’re going to feel much less stressed than if you isolate yourself. Maintaining social connections is crucial to your emotional wellbeing. So, take the time to check in with friends and family and don’t try and deal with everything by yourself.

**7. Laugh more**

After a crisis, the last thing you’ll feel like doing is laughing. However, did you know it can instantly make you feel better? Watch things that make you laugh and spend time with people who bring out the fun and laughter in life. The more you laugh, the more relaxed and happier you’re going to feel.

**8. Practice gratitude**

Finally, another way to relieve stress is to practice gratitude. That is, making a daily list of the things you’re grateful for. Even in the most difficult of times, there is always something to be thankful for. It could be your health, having a roof over your head or simply being thankful to be alive.

By writing down three things you are grateful for each day, you’ll start to feel so much more positive. Experts claim it takes around 21 days for daily gratitude to make your life better.

Finding ways to reduce your stress and deal with negative emotions after a crisis is crucial. The above are some of the fastest and most effective techniques for relieving stress.