

3 Instant Tools for Stress Relief

When stress becomes overwhelming and you feel like you're ready to lose it, you need a quick, effective way to regain your sanity. Here are three instant tools that will help you take care of yourself until you feel centered again and can resist the temptation to eat something as a way to cope with your stress.

1. Do everything slowly

For a couple of hours or even the rest of the day, consciously talk, move, drive, even clean house at a slower pace than usual. Slowing down puts you back in charge and prevents you from adding more hassles on top of coping with your overwhelmed life. Record your actions here along with how this helped you decrease your stress:

2. Give total focus

Take a few minutes to mentally shut out everything around you and give total focus to someone or something. If you're with other people, look into their eyes and listen to your conversation as if there was no one else in the world.

Kneel down at your child's level and be totally present with them and their needs. If you are reading a book or working on a project, concentrate entirely on what's in front of you. A few minutes of total focus will calm you down and give you a sense of emotional control. Record your actions here along with how this helped you decrease your stress:

3. Light a candle

When your mind is racing and you feel like you are about to lose it, you need a way to quiet your spirit. Stop your activity and light a candle. Then sit quietly and gaze at it for several minutes. Notice the way the flame moves and shifts.

Watch for the tendrils of smoke rising from it. Allow yourself to feel warm and cozy inside, as though the flame slipped inside your body and became part of your heart. When you finish, notice the sense of renewal that comes from allowing quietness and light to replace the noise in your head. Record your actions here along with how this helped you decrease your stress:
