Ongoing Stress Relief Methods

Besides the life changes that need to be made to stay free of workaholism, there are

sets of things that you can do to help you alleviate stresses in your daily life. There will

be a few included here based on the things that others have done to gain control over

their stress.

**Spend Time Outside**

You might not realize it, but being outdoors can be a massive influence on your stress.

Sitting outside for even 15 minutes a day can greatly improve your mood, and your

general wellbeing. Sunlight helps your body to know what time of the day it is, and

stimulates it to begin processes that create vitamin D.

**Exercise**

Working out has more than just the physical benefits. It can also work to promote

emotional health. When you work out, your body begins to circulate larger amounts of

blood and break down fuel to rebuild parts of your body. This means that your body will

be functioning at a high level during this time. When you are filled with new oxygen filled

blood, you will feel better and happier.

**Focus on The Moment**

Dwelling on the calamities of tomorrow will rob you of your joy. Try to be present with

friends and family as much as you can.