

## **De-Stressing Tips for Healthier Skin**

Are you feeling tired and stressed out in your life? Are you irritable and easy to set off? Is your skin looking like it really could use some improvement? Let's face it, we live in a fast paced world and many of us lead hectic lives with rigorous schedules. The truth is when we have too much stress over an extended period of time, this can lead to many diseases and conditions such as heart disease, cancer, obesity, digestive problems and even skin conditions such as acne. Stress can ultimately destroy our health. Although there is no way to really eliminate having stress in our life, after all, it is a natural part of life, we can learn how to manage it better by learning new ways to reduce its negative effect on ourselves, and when we have healthier minds and bodies we will also have healthier skin as well.

Here are a few tips to help get you started reducing the stress in your life:

### **1. Take a break**

One of the most important things you can do to reduce stress is to take a break. You've heard the old saying you can't solve a problem at the level of the problem. This is true. We think we can solve our problems faster the more we think about them. But the truth is it just keeps us stuck in the problem and actually can bring us more problems. When we're in this feeling stuck place, the best thing you can do for yourself and the situation is to take a break. Do something that makes you happy. Take a day off, if you can, and do something you haven't done in a long time that will make you feel good about yourself again. Or maybe you can't get away, so how about take a walk or treat yourself to a healthy meal or take a relaxing hot bath. Whatever you can do to take a break even if its only for a couple of minutes will help you to return feeling better, more refreshed and reenergized mentally, emotionally and physically.

### **2. Start a hobby**

Another important thing you can do to de-stress is to start a hobby. They say that hobbies which require concentration actually have a meditative and calming effect on the body. Researchers say that gardening and the caring for plants is a great way to relax and get grounded. Other excellent hobbies include art & painting, crafting, scrap booking, or knitting & crocheting. The list of hobbies that you can start are many but most would agree that starting a hobby, no matter what your preference, is an excellent way to center yourself and your mind by focusing on something that you enjoy doing and which makes you feel good again. Hobbies are a great way to tap into your creative energy and de-stress your mind as well as your body.

### **3. Take a yoga class**

Lastly, take a yoga class. Yoga is the practice of uniting of mind, body and spirit through the use of various exercises, poses and postures. There are many

physical benefits associated with practicing yoga such as increased muscle flexibility, tone and strength. However, yoga is also great for the mind and reducing stress. Through yoga you learn how to breath deeper and better which is good for the body as well as how to concentrate your mind by becoming fully aware of your body and what it is doing in the present moment. The results of taking a yoga class are that your mind will feel cleared and renewed. You will return home feeling fully relaxed in your mind as well as your body.

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