# 10 Best Ways To Beat Stress Today (Even If You Have No Time)

If you are facing stress in your life, it’s important to start taking steps toward beating it as soon as possible. If you do not find ways to reduce the stress in your life, you will soon find yourself overwhelmed and burnt out.

In this tutorial, I’m going to review the best 10 ways to beat stress with limited time.

## Exercise

The best way to beat stress is to exercise. Find time to do exercises every day whether it be yoga, stretching, hitting the gym, or taking a walk around the neighborhood.

Exercising can be simple. You do not need to spend hours at the gym every day working out to get stress relief benefits. Just get your body moving and your heart pumping.

## Write or Journal

Writing down how you are feeling is a great way to reduce stress. Buy a nice journal and spend a few minutes before bed every night writing about the things that stress you the most.

## Take a Nice Bath

Taking a warm bath with music and maybe a glass of wine can help you relax. It doesn’t have to be a long bath, but even just relaxing for a few minutes can help you reduce stress.

## Spend More Time With Friends

Sitting at home alone is an easy way to dwell on your stress. You might spend time overthinking things instead of being proactive and productive. Getting out and spending time with your friends is an easy way to blow off steam. You can also seek their advice if something is stressing you that you need help with.

## Get Cleaning

Clutter and a dirty home can increase your stress because it causes you to be disorganized. Giving yourself relief from a crowded space can allow you to breathe and work harder on tasks. You can also give yourself some space to complete some of the tasks that might be stressing you out the most.

## Breathe

Breathing does a lot more good than you could ever imagine. Taking a few moments to just breathe when you are feeling stressed can completely change your mood and thoughts.

Breathing also boosts your oxygen. It’s a technique used all over the world to reduce depression, stress, and anxiety. This is why yoga is also an effective way to reduce stress because it forces you to focus on breathing.

## Read

Reading a good book is a perfect way to get your mind off things. Choosing a book by your favourite author can take you into another world and away from the stress you feel. Some people also choose to read self-help books or faith-based books depending on their religion.

If you are not a big reader, you can also choose to listen to podcasts to give your mind a new boost of energy and a new focus.

## Stretch

This is a simple way to reduce stress because you can do it anywhere. Even if you are at your desk, you can stand up for a few seconds and stretch. Try twisting your torso or clasping your hands together and stretching toward the sky.

## Get Some Essential Oils

Essential oils have been all the rage for the past couple of years because people are focusing on holistically healing stress. The best oils for stress relief are lavender, rose, and frankincense.

## Own Your Stress

Admit that you are stressed. This can help you seek the help you need. It also lets your friends and family know that you need more support.