# The Do’s and Don’ts of Stress Management

Stress management is one of the most talked about topics because everyone deals with stress from time to time. In this tutorial, I will go over the things you need to know most about stress management including some key do’s and don’ts.

By the end, you should be able to have some tips to follow to reduce stress in your life.

## Make Active Social Connections

One of the best things you can do for stress management is socializing. Even if you are introverted, it’s important to make sure you are spending time with friends and family members. When you’re out with people, it can be easy to stop overthinking and let some of that stress go.

If you are just sitting at home all the time, you might find yourself always dwelling on stress. Friends can also help you come up with proactive ideas to get rid of the stress in your life.

## Change Your Negative Attitude

When you are always going around thinking negatively, stress can overwhelm you. If you allow more positive vibes into your life and mind, you can easily see some of that stress melt away.

Unhealthy habits can also contribute to negative attitudes. Adding some healthy things to your life thatsuch as eating better or exercising every day can give you the boost you need to start thinking positively about yourself and the world around you.

## Exercise Daily

One of the key parts of stress management is exercise. Many health studies have shown that people who have an exercise plan are mentally and physically better. Exercising also makes you feel better about yourself; and a simple boost of self-confidence can help some of that stress melt away.

If you have a tight schedule, you can even just exercise for 10-15 minutes every day. You do not have to hit the gym for hours to reap the benefits of exercise.

## Be Mindful and Appreciate the Little Things

One of the best ways to reduce stress is to learn to appreciate all the little things you have going on in your life. You can do certain exercises like deep breathing that center your focus and allow you to just be in the present moment rather than being stressed about the past or the future.

## Avoid Alcohol and Drugs

Regularly using alcohol and drugs can increase your stress. It might make you temporarily feel less stressed, but you will feel worse in the long run. These things also mask stress and allow you to avoid the real problems in life which are never good.

They also weaken your body over time and then your body will not have the tools and energy it needs to defeat stress and the slower immune system that comes with it.

## Don’t Compromise Your Sleep

One of the worst things you can do for stress is not getting enough sleep. If you are not well rested, you will not be able to think well. Reduced sleep also lessens your immune system which can make recovering from stress extremely hard.

Try to get on a regular sleep schedule. Experts recommend at least 8 hours a day. Make sure you are also sleeping well by reducing distractions before you head to bed.

## Never Self Medicate

If you are feeling overwhelmed by stress and think you might need medication, always seek help from a doctor. Never try medicine on your own without a prescription for yourself. Doctors know better and they can recommend to you what they think is best.

Some people also choose to go to therapy or take a more holistic approach to stress management.