Mindluster Platform

About the course Stress Management Relaxation

How Relaxation Helps. When you feel stress, your body responds by releasing hormones that increase your blood pressure and raise your heart rate. This is called the stress response. Relaxation techniques can help your body relax and lower your blood pressure and heart rate.10 Simple Ways to Relieve Stress Listen to music. Call a friend. Self-talk. Diet. Laugh. Tea. Mindfulness. Exercise.Relaxing the mind Take slow, deep breaths. Or try other breathing exercises for relaxation. ... Soak in a warm bath. Listen to soothing music. Practice mindful meditation. The goal of mindful meditation is to focus your attention on things that are happening right now in the present moment. ... Write. ... Use guided imagery.From eating chocolate to meditating, there is a quick stress-relieving tactic for everyone. Breathe. Slow, deep breaths can help lower blood pressure and heart rate. ... Listen to Music. ... Take a Quick Walk. ... Find the Sun. ... Give Yourself a Hand Massage. ... Count Backward. ... Stretch. ... Rub Your Feet Over a Golf Ball.

Woman and Beauty Category's Courses

Course Lesson(20)

Lesson 1 : **3 Quick Easy Anti Stress Tricks | Stress Management**

Lesson 2 : **4 Muscle Relaxation Techniques | Stress Management**

Lesson 3 : **5 Proven Relaxation Techniques | Stress Management**

Lesson 4 : **3 Anxiety Relief Tips Techniques | Stress Management**

Lesson 5 : **How to Reduce Stress during Life Crisis | Stress Management**

Lesson 6 : **Basics of Dealing with Stress | Stress Management**

Lesson 7 : **How to Deal with Stress at Work | Stress Management**

Lesson 8 : **How to Practice Deep Breathing | Stress Management**

Lesson 9 : **How to Do Silent Self Contemplation | Stress Management**

Lesson 10 : **How to Practice Mindfulness | Stress Management**

Lesson 11 : **How to Relax Your Mind | Stress Management**

Lesson 12 : **How to Relax with Toe Tensing Technique | Stress Management**

Lesson 13 : **How to Relax Your Head Shoulders | Stress Management**

Lesson 14 : **How to Relax Shoulders Torso Pelvis | Stress Management**

Lesson 15 : **How to Relax Your Pelvis Legs | Stress Management**

Lesson 16 : **How Reducing Stress Improves Health | Stress Management**

Lesson 17 : **What Is Guided Meditation | Stress Management**

Lesson 18 : **What Is Stress | Stress Management**

Lesson 19 : **12 Signs Symptoms of Stress | Stress Management**

Lesson 20 : **Manage Stress with Samantha Ibarguen | Stress Management**

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