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Lackadaisical work every day? Wronged by their superiors, but no place to vent depression? There always seems to share anonymous anger, unintentionally hurt the people around you care about? If you have these situations, you can look at the following description of the 10 small way, help you relieve stress and find a good mood, maintain physical and mental vitality oh.

Change the salt habit

Do you feel bloated it? Perhaps some of the salt duty. Excessive salt intake may lead to accumulation of water in the body and can cause high blood pressure. You can buy fresh food rather than canned or processed foods to reduce salt intake. You can also try to add other food seasonings such as curry powder, garlic, fennel or rosemary instead of salt! Change of new flavors, you will find yourself becoming a more dynamic.

Pressure? Climb the ladder!

When you feel angry or under pressure, it is easy to think of sugar, a cup of coffee or by smoking to relieve. The best means of decompression is it? Exercise! The next time you want to vent their emotions or anger when walking up a ladder or vigorous walking is very effective. Studies have shown that 10 minutes of exercise can improve and enhance people's mental state.

Put down the donut

Want to solve the problem of stress by eating? You can choose fruits and vegetables such relief food. When you binge eat lots of refined carbohydrates or sugary foods, will feel even more depressed. In addition, excessive intake of calories so your weight will rise rapidly, as well as increase the risk of physical illness. So next time you feel anxious, please ignore the temptation of sweets. Try to eat an apple or do deep breathing to ease the mood 10.

Sleep

Good sleep can make and restore energy, and reduce stress. Sleep problems? Do not drink coffee after noon; Avoid exercise within two hours before bedtime. Keep the bedroom just a place to sleep - do not have TV, pets, computers or any distracting things.

Timely to break the routine

You can change your itinerary, or to try some new things such as changing the hairstyle, you can improve your appearance and mood. From another line drive to work, walking the dog to a different street, or eat a new breakfast, these things will help maintain freshness. Only need to make some simple changes, you will be able to harvest a good mood!

To walk on the streets

Do not take the time to go to the gym, just to make the body a little move a bit, so you can re-gain energy. In the streets, the walk, you can make your brain awake. Or you can do like yoga or tai chi exercise, also contribute to physical and mental health.

Intake of fiber

Fiber makes you very easy to have a sense of fullness, so you will eat less, and ultimately contribute to weight loss. Daily adequate intake of fiber is also beneficial to the law of the heart beat. And in addition to physical health benefits, the adequate intake of fiber can "remove" some of the pressure. Can be found in many foods, fiber, from oatmeal, whole wheat bread and other cereals to vegetables and fruits such as apples, oranges, strawberries, etc.

Focus on the present

Please realize that you are where you are, what is happening now, that "mindfulness." This idea will help you relax and allow yourself to stay in unpleasant emotions. Do not want to past and future do not want to just focus on the moment. Trying to feel the air across the skin in what you feel? Foot on the ground trying to feel what it feels like? If you thought lost its way, just to pull it back in time and space now.

Doctor

Most people may have tried to ignore the temporary headache, persistent shoulder pain, or a distressing cough, but health problems remain. If you have not done for some time, physical examination, and as soon as possible to arrange a. If you feel that they need mental health care, do not be afraid to explore this issue with the doctor.

Enrich your brain

Sometimes when you want to do many things at heart, your brain is completely in another place. You can listen to a lecture, to be a game, join a book club or check the latest bestseller to expand mental horizons. You can also develop a new hobby to keep your mind and body vitality, such as gardening or hiking.

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