



## Unlikely Ways to Beat Stress

Sometimes it takes more than a couple of deep breaths to melt away stress. That’s why it’s so important to have a variety of strategies to make tough times a little less tough.

### Chew Gum

That stick of gum from your coworker could cure more than just a case of bad breath. According to a [recent study](#), chewing gum creates brain waves similar to those of relaxed people. The study also suggests that chewing gum promotes blood flow to your brain.

### Be Thankful

When you’re feeling overwhelmed, it’s easy to forget all the wonderful aspects of life. Creating a daily gratitude practice can center your day around what’s important. Simply write down one thing you’re thankful for each morning to get started and watch your list grow.

### Light a Candle or Use Essential Oils

Involve every sense in your stress relief practice -including smell. [Aromatherapy has been proven to reduce stress levels](#) and it’s as simple as lighting a match. Choose scents like lavender, rose, or orange and drift into a more centered state.

### Laugh

According to a [recent study](#), a funny tv show or a great giggle with a friend reduces stress in an instant. It’s so silly it just might work.

### Spend Time with Your Pet

Did you know that interacting with pets may help release oxytocin, a brain chemical that promotes a positive mood? Pets offer us a sense of purpose and a companion. Take an extra walk around the block with your pup tonight. It will do wonders for you both.

#### Sources:

<https://www.sciencedirect.com/science/article/abs/pii/S0195666312000943>

<https://www.ncbi.nlm.nih.gov/pubmed/19571632>

<https://www.ncbi.nlm.nih.gov/pubmed/12652882>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3408111/>

## Looking for additional resources to support a healthier and happier you?



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