

The Page and the Epistle



FEATURES

FEATURE: 10 WAYS TO DE-STRESS

APRIL 29, 2021 | NATALIE KIM | 17 COMMENTS

It's been one year since COVID-19 changed the world. It's not surprising that **stress levels are increasing** across the U.S. as people continue to cope with social distancing and abstaining from many of the activities that they love most. However, **studies** have shown that being placed in an unfortunate situation can result in major growth. It's never too late to make a change, and quarantine is a great time to focus on your mental health. So, if you're one of the many who are feeling overwhelmed, here are ten ways to de-stress.

1. **Exercise:** Thankfully, exercise can come in whatever form you prefer; this doesn't have to be running or doing a structured workout as moving around in any way boosts energy and improves your mood. The New York Times' **standing 7-minute workout**, a compilation of leg, core, and cardio "exercise bites" that aim to get you moving and off your chair, is a great option to begin with. Incorporating small 5-10 minutes "bites" of exercise throughout your day is a great way to get moving in between classes or extracurricular activities. Getting exercise also helps you to fall asleep faster at night.
2. **Read:Research** shows that reading helps you to relax, while simultaneously building academic skills. If you don't like reading, you might just need to find the right author or book! Here's a **month-by-month list** of new releases in 2021 to look out for.

3. **Start a journal:** Writing your thoughts down is a great way to vent and get your ideas out, especially if you're feeling stressed or upset. You can start small: use an old notebook (or the Notes app on your phone) and try a stream-of consciousness approach. Just write – don't worry how it looks or sounds. If interested, click [here](#) for a more detailed guide to starting a journal.
4. **Get away from screens:** Although Instagram and TikTok are a great form of entertainment, spending some time away from your phone and computer can be very beneficial for your mental health. Along with the distressingly "perfect" lives portrayed on [Instagram](#) and the way in which this false reality can impact your mental health, the stimuli from electronics [disrupts the nervous system](#) and causes stress. To start, you could set a goal to not look at your phone until lunch, or until after you've gotten your homework done. Putting your phone where you can't see or hear it also helps as you aren't distracted by notifications popping up.
5. **Do some art:** This [article](#) from Huffpost shows that even if you don't have much (or any) experience, doing any form of art is a great outlet to alleviate stress. You could print out a [coloring sheet](#), make a [bracelet](#), or find an empty page in your notebook to [doodle](#). Creating something when you're stressed works wonders for your mental health.
6. **Listen to music:** Classical music, though not the most popular, has many [effects](#) on performance and stress. It helps you to calm down and can even boost focus levels. If you're not a fan of classical music, any music is great for de-stressing. [Spotify](#) has lots of playlists that you can experiment with while doing homework or just trying to relax.
7. **Skip the Starbucks:** Or at least get a smaller size. An [article](#) by Healthline points out that too much caffeine can cause increased anxiety and, surprisingly, fatigue after the effects wear off. Caffeinated drinks are fine but be mindful of the amount and of how often you find yourself relying on their effects to wake up.
8. **Dialectical Behavior Therapy:** Dialectical Behavior Therapy, or [DBT](#), can help people of any age to cope with overwhelming situations that present themselves in everyday life. Commonly used in therapy, DBT is helps to distract from stress or stimuli around oneself. DBT focuses on the development of strategies to aid in calming heightened emotions. However, anyone struggling with stress or anxiety can use DBT in their everyday life. This [list of techniques](#) is great if you're feeling stressed anywhere: on campus, at Target, or even in the car. They won't make the problem go away but are useful to get you into a realistic mindset when you're feeling overwhelmed.
9. **Do yoga or meditation:** Taking a few minutes to stretch and breathe deeply helps lower your heart rate and make you more aware of your surroundings. Meditation is all about being present in the moment and not thinking too much. This [step-by-step guide](#) on how to meditate walks through four simple steps to follow while meditating. Additionally, yoga also requires controlled breathing, and this [list of 15 yoga poses](#) describes the benefits of each one and how to do them.
10. **Get more sleep:** Especially during the school year, many teens find it hard to get the recommended 8-9 hours of sleep every night. Going to sleep earlier has many [benefits](#), including increased productivity. If you're finding yourself continuously overwhelmed with work or extracurriculars, you might want to reach out to a trusted adult such as your advisor or a teacher about your workload or some strategies you could use to get work done more efficiently.

Stress is completely normal, especially given the current circumstances, so try not to be too hard on yourself. De-stressing can take many different forms and is not limited to the ten methods listed above. However, if it seems like nothing is working to ease your stress, it might be time to reach out to a trusted friend, adult, or advisor. For professional help, check out this list of [mental health hotlines](#).



<https://fredericdonnerbooks.com/stacking-stones-pebbles-rocks/>

17 THOUGHTS ON “FEATURE: 10 WAYS TO DE-STRESS”



Charles Mitchell

MAY 3, 2021 AT 1:57 PM

Insightful advice—thank you!



Basil

MAY 24, 2022 AT 8:18 PM

Right on my man!



Susan

JUNE 2, 2022 AT 12:50 AM

It is perfect time to make some plans for the long run and it is time to be happy.

I have learn this post and if I may just I desire to recommend you few interesting things or tips.

Perhaps you can write next articles referring to this article. I wish to read even more issues approximately it!

**Kandice**

JUNE 2, 2022 AT 1:54 PM

Hello, Neat post. There is a problem along with your website in web explorer, could test this? IE nonetheless is the market leader and a large portion of people will leave out your great writing due to this problem.

**Vanita**

JUNE 2, 2022 AT 9:06 PM

Woah! I'm really loving the template/theme of this blog. It's simple, yet effective. A lot of times it's challenging to get that "perfect balance" between usability and visual appearance. I must say that you've done a awesome job with this. In addition, the blog loads very fast for me on Safari. Superb Blog!

**Sharyn**

JUNE 4, 2022 AT 7:45 AM

Thankfulness to my father who stated to me regarding this web site, this web site is truly amazing.

**Wanda**

JULY 1, 2022 AT 2:12 PM

My family members all the time say that I am killing my time here at net, except I know I am getting knowledge daily by reading such nice content.

**Bernd**

JULY 1, 2022 AT 2:31 PM

These are actually wonderful ideas in on the topic of blogging. You have touched some pleasant things here.

Any way keep up wrinting.

**Jeremiah**

JULY 1, 2022 AT 2:39 PM

Hi i am kavin, its my first time to commenting anyplace, when i read this paragraph i thought i could also create comment due to this sensible post.

**Devon**

JULY 1, 2022 AT 3:01 PM

Hello, yes this paragraph is really nice and I have learned lot of things from it concerning blogging. thanks.

**Elizabeth**

JULY 1, 2022 AT 3:30 PM

This design is wicked! You obviously know how to keep a reader entertained. Between your wit and your videos, I was almost moved to start my own blog (well, almost...HaHa!) Great job. I really enjoyed what you had to say, and more than that, how you presented it. Too cool!

**Maya**

JULY 1, 2022 AT 4:02 PM

If you want to improve your familiarity just keep visiting this web site and be updated with the hottest gossip posted here.

**Carson**

JULY 1, 2022 AT 4:15 PM

Admiring the dedication you put into your blog and detailed information you provide. It's nice to come across a blog every once in a while that isn't the same outdated rehashed information. Wonderful read! I've saved your site and I'm adding your RSS feeds to my Google account.

**Phyllis**

JULY 1, 2022 AT 4:17 PM

I'm very pleased to find this site. I wanted to thank you for your time for this particularly wonderful read!! I definitely loved every little bit of it and i also have you book-marked to see new information in your web site.

**Rebekah**

JULY 1, 2022 AT 4:28 PM

Pretty element of content. I just stumbled upon your blog and in accession capital to assert that I acquire in fact enjoyed account your weblog posts. Any way I will be subscribing for your augment and even I achievement you get entry to persistently quickly.

**Barbara**

JULY 1, 2022 AT 4:30 PM

My brother suggested I would possibly like this website. He was totally right. This post actually made my day. You can't imagine just how a lot time I had spent for this information! Thank you!

**샌즈카지노**

AUGUST 15, 2022 AT 12:58 PM

Fantastic post. Really thank you! Keep writing.