11 Fun Ways to Beat Stress in 10 Minutes or Less

1. **Read something interesting.** It takes as little as 6 minutes of reading to slow down your heart rate, ease muscle tension and reduce stress by two thirds.

2. **Listen to relaxing music.** The right selection of soothing music can have more therapeutic value than anxiety medication.
   - “Weightless” by Marconi Union
   - “Watermark” by Enya
   - “Strawberry Swing” by Coldplay
   - “Someone Like You” by Adele
   - “Canzonetta Sull’Aria” by Mozart

3. **Give yourself a face massage.** A simple face massage can deliver similar tension relief as a trip to the spa - without scheduling an hour away from work.

4. **Laugh!** Laughter can reduce stress and improve immune function.

5. **Color it!** Adult coloring apps and books put stress-relief at your fingertips. If you don’t like to color, doodling will work just as well.

6. **Slow down your breathing.** Deep breathing can ease anxiety and mental stress.

7. **Schedule time for prayer and inspirational reading.** A spiritual connection can help you live longer and decreases chances of experiencing depression.
   - Psalm 9:9, 10
   - Psalm 103:1-5
   - Proverbs 3:5, 6
   - Jeremiah 17:7, 8
   - Isaiah 40:30, 31
   - Matthew 11:28-30

8. **Spend time doing something creative.** Creative activities reduce stress and anxiety and increase positive emotions.

9. **Spend time with your pet.** Harvard Medical School has found that lending out therapy dogs for 30 minutes a day helps stressed out students and staff members be less anxious and more productive.

10. **Take a warm bath or shower.** There’s a reason warm baths are so relaxing - physical warmth causes your body to release oxytocin, a hormone that helps reduce stress.

11. **Walk.** Brisk walking boosts endorphins, which can reduce stress hormones and alleviate mild depression.