1. **Focus on your Breathing**

Breathing exercises offer many benefits. They are an effective stress reliever. Breathing relaxation techniques allow you to detach yourself from stressful thoughts and come closer to your true self. You can gain control of your thoughts and emotions and feel your inter-connectness with life.

When you find yourself in a stressful situation, turn your attention toward your breathing patterns. Breathe in for a count of four, and then slowly out for a count of six.

There are plenty of breathwork apps available for download to guide you through your breathing exercises. Regulating your breathing this way also regulates the parasympathetic nervous system. This promotes calmness and full-body relaxation.

1. **Focus on Selfhealing**

**Eat a balanced diet, sleep enough hours, choose an exercise you like**

Stressful situations can prompt even the strictest eaters to turn to refined carbohydrates and sugary snacks for comfort. Unfortunately, these foods do destabilize your blood sugar levels. This can cause health problems and worsen your stress symptoms in the long run.Intuitive eating may provide a good approach. Intuitive eating focuses on your inner biological cues, like fullness, hunger, and cravings.

Poor sleep exacerbates stress and can set you up for chronic health issues, including: Metabolic syndrome, Type II diabetes, Depression. Prioritizing your sleep means practicing excellent [sleep hygiene](https://www.betterup.com/blog/how-to-fix-sleep-schedule). You can do this by minimizing your exposure to light sources and screens at least an hour before bed. Keeping your bedroom cool, dark, and quiet and without any digital devices. You can reserve your room for sleeping instead of using it also for other activities.

Nothing beats exercise when it comes to stress relief. Maintaining your [physical well-being](https://www.betterup.com/blog/physical-well-being-and-health-what-it-is-and-how-to-achieve-it" \t "_blank) by staying active keeps your body and mind in good condition. Plus, physical activity gives your body a boost of endorphins. You could enjoy fitness courses at your local gym. Or you can explore [virtual workouts](https://www.betterup.com/blog/virtual-workout) like like zumba or [virtual yoga](https://www.betterup.com/blog/virtual-yoga) to get involved in a new exercise regime from the comfort of your own living room.

1. **Focus on Soul Sync – engage in your 6 senses**

One of the quickest ways to relieve stress is to engage your senses of touch, smell, taste, sight, and hearing in positive ways, not forgetting your 6th sense of intuition or connection with life, nature and the whole cosmos. Experts recommend an exercise for these 5 senses, trying to identify five things that you can hear, touch, taste, see, and smell. Then describe them in detail to yourself.

This exercise diverts your attention away from stressors and focuses your mind on more pleasant stimuli. Such as the taste of a cup of coffee or the sound of birds chirping outside of your office window.

**Soul Sync Meditation**

Science continues to discover a myriad of health benefits associated with doing [the Soul Sync Meditation](https://www.betterup.com/blog/mindful-breathing) every day. It includes a form of meditative deep breathing which [improves your mindfulness](https://www.helpguide.org/harvard/benefits-of-mindfulness.htm) by bringing your attention into the here and now. It brings vibration to your two brain parts and shifts your thoughts away from the past and worries of the future, as it allows you to participate in the present in sync with your Soul. You expand yourself, your inner light, each time you do the Soul Sync Meditation in the light of your Soul.