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How To

# *Reduce Stress*

When Working From Home



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Working from home can be more stressful and difficult than you would think. Your work tasks can become overwhelming and you may find it difficult to maintain concentration and not get distracted.

Fortunately, there are a few things you can do to reduce your stress while working from home. We have put together some tips to help you.

## 1. Get Some Exercise

Exercise releases feel-good endorphins which can help you stay upbeat and focused while working. It can also improve sleep quality and increase your confidence.

## 2. Light a Scented Candle

Certain scents can help to reduce feelings of stress and anxiety, such as lavender, sandalwood, ylang ylang and geranium.

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## 3. Cut Your Caffeine Intake

Caffeine has been found to increase anxiety when consumed in high doses. If you find yourself feeling jittery or anxious after consuming tea, coffee or energy drinks, consider cutting back your intake.

## 4. Chew Some Gum

Chewing gum increases blood flow to the brain, which can also create similar brain waves to those experienced by people who are relaxed.

## 5. Spend More Time With Family & Friends

Your family and friends can offer support in times of need, so it is important to keep them close to you. Research has also shown that spending time with friends and family can help to release the hormone oxytocin, which can reduce stress.

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## 6. Laugh

Taking time out of your day to laugh can help with reducing stress. Laughing relieves tension by relaxing your muscles, and it can also strengthen your immune system and uplift your mood.

## 7. Learn When You Should Say No

Sometimes stress can be increased because you have chosen to take on too many responsibilities. By being more selective and only taking on what you are capable of, you can reduce your stress levels.

## 8. Avoid Procrastination

By putting off the tasks that need doing, you may find yourself rushing to complete them in time, which can be very stressful. Try making a list of your tasks in order of importance - this can help you become more productive and therefore less stressed.

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## 9. Practice Mindfulness

By trying yoga or self-meditation, you can practice mindfulness which will help you focus on the present rather than the past or future. This will help with reducing stress.

## 10. Listen to Relaxing Music

Certain types of music can help with lowering your heart rate and blood pressure, therefore relieving stress. Slow paced instrumental music is one option, as well as Celtic, Native American and Indian music.

## 11. Practice Deep Breathing

Deep breathing brings more oxygen to your cells, while also lowering your heart rate and relaxing your muscles. This can leave you feeling more peaceful and relaxed.



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## 12. Spend Time With Your Pet

Much like spending time with friends and family, spending time with your pet can release oxytocin, which uplifts your mood. Plus, having a pet will give you a purpose, help to keep you active, and provide you with companionship - which all can reduce stress.