**Make Your Life Less Stressful Instantly With These 11 Tips**

You know that stressing out is bad for your health, but you just can’t help it! Projects keep piling up, you’re struggling to fulfill commitments, and you haven’t even had time to sit down and enjoy a meal. Does this sound like you? If so, you need to learn to reduce the stress in your life before it’s too late.

Chronic stress can lead to health problems such as weight gain, depression, and even contribute to heart disease. Not to mention, both your personal and professional life will suffer from unmanaged stress. While there’s no magic potion to cure stress completely, you can certainly make your life less stressful instantly with these 11 tips:

**Prioritize sleep.**

Adults need 7-8 hours of quality sleep each night. Make it a priority to get in your ZZZs, no matter what. Lack of sleep will increase your levels of stress hormones. Keep in mind that quality is just as important as quantity when it comes to sleep. Adjust your environment to promote comfortable, quality sleep. Your room should be dark, cool, and free from any outside noise.

**Make a to-do list.**

If a busy schedule is your main source of stress, try making a daily to-do list. This list should be kept simple, and only list your top priorities. Keep the list realistic so that it can actually be accomplished in one day. Better organization will lead to a less stressful day!

**Breathe.**

When stress starts to take over, take a few minutes to just breathe. Different mediation and breathing techniques will help you calm down and give your brain the extra oxygen it needs to come up with solutions. Try out this quick [breathing technique](https://www.youtube.com/watch?v=hoPD0cVquPo) to reduce stress.

**Say “no”.**

Learning to say “no” is one of the best things you can do to live a less stressful life. Many of us feel obligated to take on more than we can handle. If your current project is too demanding, let your boss know that you can’t take another at this time. If your family’s schedule is completely booked, tell your friend you won’t be able to help her plan a party. Saying “no” to commitments you don’t have time for will save a lot of stress for everyone involved.

**Eat healthily.**

When you practice [healthy eating habits](http://info.totalwellnesshealth.com/blog/7-healthy-eating-habits-that-will-change-the-way-you-eat), you’ll always have one less thing to stress about each day. [Meal prepping](http://info.totalwellnesshealth.com/blog/how-to-meal-prep-for-your-workweek), for example, will take a lot of the stress away on a busy night when you don’t have time to cook dinner or pack a lunch for the next workday. You should also focus on [nutritious foods](http://info.totalwellnesshealth.com/blog/8-of-the-best-healthy-foods-to-eat-when-youre-stressed-out) that will naturally reduce stress by lowering cortisol (your body’s stress hormone) levels.

**Exercise regularly.**

A good workout reduces your body’s levels of cortisol and adrenaline. Getting active also causes your body to produce endorphins, which help your body and mind relax. Exercise for at least 30 minutes each day for better sleep, a clearer mind, and an improved mood thanks to the stress-relieving qualities of physical activity.

**Take breaks.**

Taking small breaks throughout a hectic workday is a necessity. Your mind needs some time to de-compress. Research has shown that taking a timeout will decrease stress while increasing creativity. Take a five-minute walk outside your office every couple of hours when you’re feeling extra stressed. Stepping away from your desk for even a few minutes every hour will help you recharge and refocus.

**Be on time.**

Being chronically late is a huge source of stress. Learning to be on time will save you from speeding to work, skipping breakfast, and those awkward moments of walking into a meeting that started 10 minutes ago. Being late is a bad habit that might seem impossible to break. With practice, you can train yourself to become more punctual. Check out this [article](http://www.lifehack.org/articles/featured/how-to-be-on-time-every-time.html) for some helpful tips.

**Simplify your life.**

[Simplicity is key](http://info.totalwellnesshealth.com/blog/12-ways-to-simplify-your-life-for-wellness) to a less stressful lifestyle. Learn to focus on the essentials in life and eliminate any unnecessary stressors that are weighing you down. These stressors can include nonessential commitments, relationships, and belongings. Once you simplify your life, you’ll spend more time doing what’s most important to you, and less time feeling stressed.

**Make time for yourself.**

Want to feel less stressed instantly? Spend some time on yourself! Dedicating just 15 minutes a day to yourself will help you unwind and recharge. Use this time to practice a favorite [hobby](http://info.totalwellnesshealth.com/blog/11-healthy-hobbies-you-can-start-today) or soak in the bathtub. You can take it up a notch by creating your very own [at-home wellness retreat](http://info.totalwellnesshealth.com/blog/create-your-very-own-wellness-retreat-without-having-to-leave-home) for yourself and your family over a weekend when you really need to de-stress.

**Let go.**

Don’t stress over what you can’t control. Many of the things that keep you up all night worrying are perceptions of the future or situations that are out of your control. During times of stress, develop a mantra to help yourself let go of stressful thoughts. This [blog post](https://www.inc.com/amy-morin/9-mantras-that-will-keep-you-mentally-strong-in-tough-times.html?cid=search) shares some awesome mantras to help keep you mentally strong during tough times.

Life is stressful. There’s really no way around it. However, when you become mindful of your stress levels and learn how to manage it, stress can be easily reduced. Put yourself and your wellness first, and implement these 11 tips to instantly reduce the stress in your life.