

10 Ways to Relax in 10 Minutes or Less

1. Meditate.

The benefits of meditating are many. It's incredibly popular right now but has been around for thousands of years. Experts often claim that even just one minute of meditation per hour is enough to gain benefits. [Here are some excellent resources.](#)

2. Control your breath.

Your breath is one of the few parts of your physiology you can control. Slower, deeper, breaths will help you to relax. Focus on the feeling of your breath passing through your mouth or nostrils. Count your breaths if you find that helps.

3. Visualize a peaceful scene.

Our moods follow our thoughts. Think about something pleasant, and you can expect to experience a more enjoyable mood. Exposure to nature has been shown to improve healing time, depression, and attention-deficit hyperactivity disorder. [Here are some excellent resources.](#)

4. Spend time with your pet.

Pets are a blessing. They require little and ask for even less. They're always happy to see you. Cuddle up with your pet and notice how much better you feel. Your pet will love the extra attention, too. Don't have a pet? Borrow a friend's pet.

5. Talk to a friend.

Call up a friend, or even better, have a face to face. A few minutes spent chatting with a trusted confidant can do wonders for your stress levels. You'll also be maintaining your relationships.

6. Take a short walk.

A long walk is even better, but if you only have 10 minutes, a short walk can help a lot if you're feeling stressed. Pay close attention to your surroundings while you walk. It will keep your mind off your challenges for a few minutes.

7. Listen to music.

Music has an amazing ability to alter one's mood. Think of a few songs that will put you in a mood you'd rather feel. Listen away! If you don't happen to have those songs available at the moment, YouTube has just about every song available for free.

8. Chew gum.

Chewing gum has been shown to be an effective reducer of cortisol, the primary stress hormone. Many people like to blow bubbles, too. You can lower your stress and amuse yourself at the same time.

9. Sit outside in the sun.

Relax for a few minutes on a nice day and enjoy the sun. The warmth on your body can be a great mood booster, and you'll get a nice dose of vitamin D, too.

10. Write down everything that worries you.

One way to be less stressed and anxious is to write down everything that's bothering you. Get it out of your system and down on paper. By externalizing it, you'll often find that things aren't quite as bad as you thought.