

# Coping with stress

There are many ways to cope with stress. It is very important to choose the ones that suit your needs and help numb the negative emotions. At the end of the day, all of us are different, so don't rely on certain methods, just because they suit other people. These are some of the best-known ways to break through stress:



- **Balance**- perhaps one of the most important things in life is balance. Do not focus too much on one thing. Spice things up with fun activities, especially physically active ones. If you focus on work for too long, you may not be able to enjoy other things without thinking about responsibilities.
- **Food**- Same goes for food. Try to focus your diet around healthy food, ideally mostly plant-based. But don't stress about it too much, it's perfectly okay to enjoy your favorite dessert here and there.
- **Socialize**- Even if you're an introvert, connecting with like-minded people can be very helpful.
- **Hobbies**- Finding an activity, during which you zone out, you get excited about the results, you make research about it and it fulfills you is also great.
- **Sleep**- Getting enough sleep is extremely important. Unfortunately, I'm noticing the lack of sleep being some sort of a trend. Especially amongst young people, it's seen as a cool thing to not sleep enough. My peers always brag about staying up until 4 AM, which I always see as something really negative. Despite this, there is a lot of convincing research being done about this topic, and scientists keep emphasizing sleep. Don't underestimate it!
- **Therapy**- If you feel like there's too much to handle, don't be ashamed and talk to a professional. Fortunately, we live in a time, where counselling is becoming less of a taboo. Taking the first step is difficult, but it pays off.
- **Social media**- Trust me, you don't have to stay in the picture all the time. Fear of missing out is a real thing: Fear of missing out (FOMO) is a social anxiety stemming from the belief that others might be having fun while the person experiencing the anxiety is not present. Sounds familiar? Get off the phone for a few days, or don't check every news source right after waking up. Focus on yourself.
- **Natural medicine**- There are certain herbs, that are proven to help with stress, like the well-known chamomile, lavender, or the velvet bean *Mucuna pruriens*.
- **Meditation**- Meditation can help restore your sense of control as you focus on your breath or a positive word or phrase.

