

20 Things To Do To Relieve Your Stress

1. Enjoy Some Fresh Air

- Take a walk, open your window, or even sit on your porch. This helps you to take deeper breaths and can help you calm down and be in peace. I would suggest this to help you with your stress.



2. Listen To Music

- You can listen to music while taking a walk. You can also listen to some calm music while laying in bed. Music can help you feel very calm and focused.

Some ideas:

[stress relief playlist](#) [hip-hop releases](#) [RnB releases](#) [chill playlist](#) [Jazz](#) [Christian](#) [kpop soul playlist](#)



3. Organize

- Organizing helps a lot because when you finish organizing, you feel a sense of accomplishment and relief. Organizing your drawers, books, notes, room, closet, etc. can make you feel super happy.



4. Practice New Recipes

- If you want to be more creative, you can get up and cook something or even bake. Whatever it is that makes you happy or whatever food you're craving, go ahead and make it because it can help you with your stress.



5. Practice An Instrument

- Playing or practicing Instruments is great when you have free time or just need to get away from things. Practicing a new instrument not only needs a lot of time, but concentration. This could help with stress relief and it could give a little laugh here and there as well, when you mess up a key.



6. Write Or Make Videos

- You can write in your journal and pour out your feelings or write positive things because that helps you become more relaxed. You could also make videos about anything and look back at it.



7. Watch Any Videos Online

- Watching videos can be great, especially funny ones. There are many options out there, but here are some of my suggestions: Cooking videos, vlogs of youtubers, funny reaction videos, fashion videos, pranks, muckbangs, memes, hair videos, etc.



8. Watch Any Movie

- Movies are amazing to watch. You can watch on NETFLIX, DISNEY+, TUBI, HULU, etc. On your own time, watching movies can help with just getting away from everything.



Netflix Movie Suggestions:

- Catch Me If You Can
- Hook
- The American President
- Goodfellas
- Superbad
- Cloudy with a Chance of Meatballs
- Easy A
- ParaNorman
- Lady Bird
- Rango
- The Social Network
- Molly's Game

Disney+ Movie Suggestions:

- Soul
- Clouds
- Mulan
- Hamilton
- Isle of Dogs
- Onward
- Avengers
- The Greatest Showman
- Hidden Figures
- Into the Woods
- Mary Poppins
- Solo
- Aladdin,
- Ralph Breaks the Internet
- Coco
- Big Hero 6

Hulu Movie Suggestions:

- Alone
- Follow Me
- Run

- The Assistant
- The Owners
- The Secrets we Keep
- Like a boss
- Rogue
- Palm Springs
- Bad Hair

Tubi Movie Suggestions:

- I Capture the Castle
- Ida
- The Story of Luke
- Rabbit Hole
- Magnus
- I Dream in Another Language
- Arcadia

9. Write A Letter

→ Writing a letter to yourself, to your parents, or to a loved one, anyone, and just sending positivity to everyone. I hope that sending positivity to others makes you happy as well.



10. Decorate Your Room

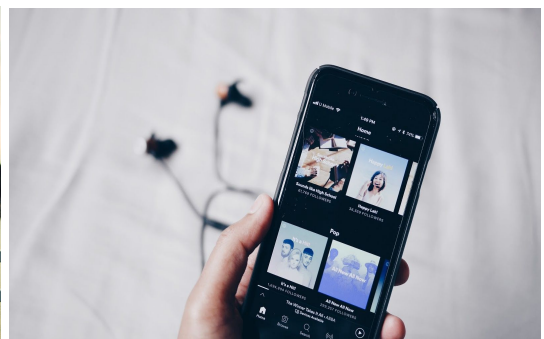
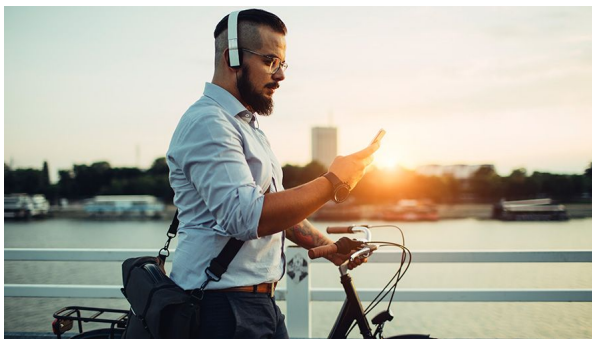
→ You can put in lights, change your bed sheets, add rugs, add beautiful curtains, have things on your wall, have lamps, etc.



11. Listen To Podcasts

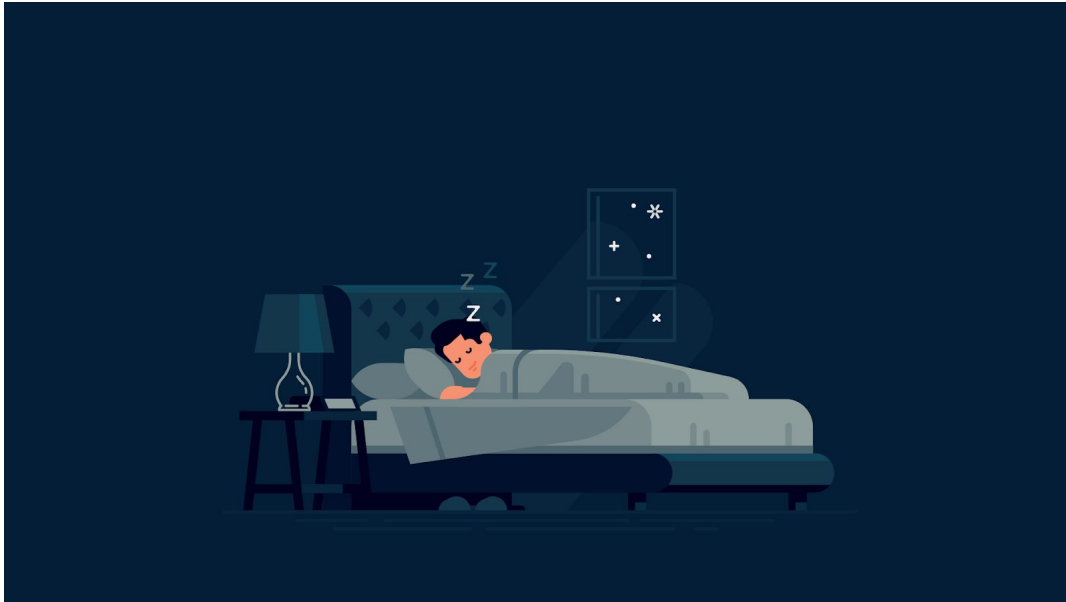
- Podcasts are great for stress relief. You can listen to whatever podcast it is that may help you and make you feel better. Podcasts are great also for long walks, or even just while sitting at your house.

[link to podcast](#)



12. Sleep

- Sleep, sleep, sleep. I don't need to tell you this twice. Sleep is so good for stress relief. Just go and jump on your bed when you have extra time and take a long nap. This will help you to wake up in a good mood.



[deep sleep playlist](#)

13. Drink Warm Or Cold Drinks

→ Drinking water is one of them, but you could also drink smoothies, any kind that meets your taste, starbucks, tea, and even hot chocolate.



14. Take Showers Or Baths

→ Cold baths or cold showers are great and also hot baths and showers. They will help relieve all the stress you ever had. Showers and baths are the best ways to relax.



15. Focus On Breathing

- Breathing helps so much. Just take a few minutes of your day and breathe. You can also search videos on youtube that you could follow along. This will make you feel more calm and patient with whatever is going on in your life.



16. Read Books

- Go grab a book and start reading. Wherever you feel the most comfortable, go read a book there and just focus on it. This helps you not worry too much.



[Ideas of Books to Read](#)

17. Draw

- Drawing helps you, but you would need a lot of patience for this. You don't have to draw an artistic piece, you can even scribble, it's up to you.



18. Pray

- Prayer helps a lot and can make you feel amazing in your soul. Try it sometime. You will feel a sense of comfort when you are praying. This will help with stress relief a lot. Don't be afraid to speak to yourself, there is someone listening to your words and someone that cares a lot about you.



19. Eat

→ Eating is great. Eat some snacks, fruits, or a meal.



20. Exercise Or Stretch

→ Exercising and stretching not only helps your body feel better, but it makes you breathe more and make you happy.

