

10 Habits to Create Less Stress in Your Daily Life (Part 2)

You know that taking care of yourself is a non-negotiable, but trying to manage it with all life's demands, ...well, sometimes it can feel impossible to make time for ourselves.

We it is important to do so. We do our best to practice this. But sometimes, there just is not enough time.

Work. Money. Relationships. Personal health. There is *always* something going on for you.

Because after all, self-care is just "one more thing we have to do."

Does this sound familiar?

While the modern medicine and technology breakthroughs have brought us wonderful new cures and discoveries, it has also induced new levels of urgency and stress.

From multitasking to instant gratification, it is no surprise that a recent study conducted in 2015 by the American Psychological Association revealed that Millennials are amongst one of the most stressed out generations to date.

As you dive into part 2 of this series ([check out part 1 here](#) if you're just joining us), I want to invite you to think of these activities and habits as treating yourself to a day at the spa, or laying out on your favorite beach.

This series' last 5 habits will have a light focus on how you can practice mind and body self-care simultaneously, but also help you see the ease in which adding these habits to your day-to-day routine will *also* create more space and energy for you.

1. Adopt a stillness or meditation practice.

Meditation is a powerful awareness practice, allowing the conscious mind to observe thoughts and increasingly gain a fuller perspective of body, breath and mindset.

Set time every day for a stillness or meditation practice, that can be as short as 3 minutes. There are many studies supporting meditation as a means of coping with stress, reducing symptoms of anxiety, depression and pain, as well as insomnia.

There are many methods of meditation, one of my favorite resources for meditation is the the science-based approach of the Headspace app.

2. Connect with people.

Hugs are actual medicine! Experienced by many and backed up by this and this research, having friends and family and interacting with them on a regular basis has a huge impact on our health. Isolated individuals are more prone to heart disease, accidents and suicide.

So appreciate and enjoy the people in your life. Even if your distant, reach out with sincere compliments, offer your help and look for ways to keep in touch. Also, train yourself to be present for strangers at Coffee shops, grocery store, dry cleaners. Smile and express gratitude, it will help you boost your sense of being part of a community, which will also help you live a longer, happier life.

3. Be in your "dharma".

In Ayurveda, an ancient system of healing, we always talk about "dharma". This is one's purpose. Understand dharma as the ultimate goal of your life experience, journal and spend some time thinking about what this is for you.

Your dharma can be teaching, painting, nurturing, dancing, writing, or guiding. tuning into it will also help you connect with people in an open, loving way.

4. Self massage.

I was almost in my thirties the first time I gave myself a full body massage. While I was studying Ayurveda at Chopra Center, I was able to practice this technique that dates back to 5000 years ago. It was such a shift in the relationship with my body.

Bringing your mind to pay attention to every muscle in your body as

you go by is exciting and relaxing at the same time, a habit that cultivates self awareness and love.

5. Love Yourself.

How does one make self love a habit? It all begins with acceptance. Recognize the full length of your current situation and your history for what it is.

Exchange judgement of your feelings and actions with self-compassion, expressing to yourself the same tender attention you would give a 3 year old kid. And keep practicing.

Sharingmidfulness.com has great guided meditation on the subject of compassion.

I encourage you to begin exploring these activities, and just simply see what comes up for you.

If you feel comfortable, I would love for you to share in the comments below as you begin to explore these activities (or continue them) and help you with any obstacles that might come up for you.