

Aotearoa Life Education Foundation

Corporate Stress Management

Our priority is providing the best service for your company's mental wellbeing.

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Improving health and lifestyle the basic tips below may relieve many types of stress, but they may not help everyone its essential to speak to a health professional, therapist or doctor.

12 evidence-based ways to relieve stress.

- going for a walk outside
- doing breath work exercise
- taking a bath or warm shower
- having an early night
- lighting candles
- reading a good book
- exercising
- preparing a healthy meal
- stretching before bed
- getting a remedial massage
- practicing yoga
- using a diffuser with calming scents

Setting aside time to practice self-care may help reduce your stress levels.

It's important to understand that stress isn't the same as mental health disorders such as anxiety and depression, which require treatment from medical professionals.

Minimising the chronic stress of daily life as much as possible is important for our overall health. That's because chronic stress harms health and increases your risk of health conditions such as heart disease, anxiety disorders, and depression

Healthy Lifestyle is a important factor

Regular exercise can help reduce stress and improve symptoms related to common mental health conditions such as anxiety and depression and following a nutrient-dense diet and limiting ultra-processed foods may provide your body with the nutrients it needs for optimal health and decrease your risk of deficiencies in nutrients that help regulate stress.

Minimising screen time may help reduce stress and improve sleep in both children and adults and certain supplements may reduce stress levels, including magnesium, L-theanine, and B vitamins