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by Keith RobinsonIf you're reading this chances are you've got some interest in making your life less stressed. I know it's a big deal for me. I'm a naturally stressed-out person and I'm trying more and more to keep my stress-level low. Lately it's been pretty high, and while I know it'll pass, I'm really trying to spend more time relaxing. It's not as easy as you might think.In this first installment of a two-part series on stress reduction I'll discuss some ways you can set yourself up to be less stressed.Find the right jobHaving a job you love and one that can support a good work/life balance is a great way to start down the road to a less stressful life.When it comes to work/life balance, some jobs are better than others. Over at Jugglezine they...Read moreA job where you can simply work less is always good too. If nothing else you need to be able to take a break every once in awhile.Get to work! I know! I just told you to take a break from work. Well, working hard has its benefits too. Think about it. How often do you get to work — really work? We spend so much of our work days doing everything but working. Dealing with office politics, digging through e-mail and RSS, having meetings and all the rest. For me anyway once of the best ways to keep the stress level low is to get things done and get head down and do some work.I feel my best when I'm writing, or designing or coding. Well, either when I'm doing that or just after I've finished a productive four hour stint (I work in three or four hour blocks usually). It's also got the added benefits of keeping the to-do list manageable.Set boundariesYou've got to know when to say no and when to quit. It seems like every day someone is asking for something new, but you've got to realize that for every new job, new task, new bit of information you've decided to bring on you've got to either take away from something else or find more energy somewhere inside to deal with it. Good work isn't all about getting things done and doing lots of work, it's about doing it right also.I'm not a perfectionist (perfect is the enemy of the good), but I do expect quite a bit out of myself and those around me. It's sometimes awfully easy to see when someone has too much on their plate as their work suffers and they're always stressed out. Seeing that in yourself is the trick. Give yourself a long inward look and ask yourself if you might need to reduce your workload. Also, it's a good idea to do this before you agree to take something new on.Stay fit. Exercise.A healthy lifestyle can do a whole lot toward relieving stress. I know I feel my best and my least stressed after a very draining soccer or kickball game. Join a club, go out for a run or make time on your Sunday afternoon to kick a ball around with friends. It can help in so many ways.It's important to find activities that work for you. I'm not sure competitive sports is for everyone, for example. The idea is to do something that gets you active, even if it's just going for a walk every day at lunch.Get clean and organizedOne of the reasons people are so interested in David Allen's Getting Things Done and other, similar productivity programs is their promise to keep you less stressed. One of the ways these systems help you do that is by helping you keep organized. A tidy desk, clean home and organized computer can do wonders for keeping your mind of things that cause stress.by Keith RobinsonRead moreTake time off from work.Make sure you're using your vacation days and getting away from the office and its stress on a regular basis. Don't work through the weekend. In fact, you might try and take Fridays off!Lifehacker pal and all-around productive guy Ryan Carson has a great idea for being more productive Read moreAs always if anyone reading this has any more tips they'd like to add, that'd be very welcome in the comments or at tips at lifehacker.com. Next up: de-stressing through relaxation.D. Keith Robinson is an associate editor of Lifehacker. His special feature Getting To Done appears every Monday on Lifehacker. A mix of visitors and neighborhood regulars pack the tables at the former bar where 'The Girl from Ipanema' composers Tom Jobim and Vinicius de Moraes once held court. Although the food is fairly standard Brazilian fare, one dish stands out: the picanha Brasileira (R\$133 for two), a scrumptious skillet of sliced sirloin brought sizzling to your table.Wash it down with a few glasses of ice-cold chope (draft beer) and you'll realize why Garotas have been springing up all over the city. Jan 09, 2021Kelly Meehan Brown Jan 06, 2021Comor Beckett McInerney Book Hotels 45 miles S of Wilmington; 64 miles E of Baltimore; 43 miles N of RehobothTo race-car fans, Dover means NASCAR twice a year. To gamblers, it's a place to play the slots. To history buffs, this town is where the U.S. Constitution got its first "yea" vote.Set in the middle of this tiny state, Delaware's capital has its share of museums and attractions. Problem is, too many people fail to slow down on their way to the beach! What a shame.At least the wildlife is smart enough to stop. Bombay Hook National Wildlife Refuge offers migrating visitors 16,000 acres of marsh and wetlands.Plotted in 1717 according to a charter by William Penn, Dover was originally designed as the Kent County seat. By 1777, this rich grain-farming community's importance had increased, and the state legislature, seeking a safe inland location as an alternative to the old capital of New Castle, relocated to the more central Dover. Delaware became the "first state" on December 7, 1787, when its delegates assembled at Dover's Golden Fleece Tavern to ratify the Constitution of the United States, the first state to do so.Today, Dover continues to be a hub of state government and business. Its history is showcased at a sprawling agricultural museum, a museum of American art stocked with lavish works donated by Delaware art collectors, and the Old State House. On the city's southern edge, Dover Air Force Base, the largest airport on the East Coast, is home to its own museum of aircraft. Get Inspired for Your Next Vacation Aug 17, 2022Barbara O'Neill Aug 15, 2022Barbara O'Neill Aug 11, 2022Barbara O'Neill Aug 11, 2022Barbara O'Neill Aug 11, 2022Barbara O'Neill Feb 21, 2022Barbara O'Neill Feb 19, 2022Barbara O'Neill 5 Stocks Making the Most of Supply-Chain IssuesThese stocks stand to gain as businesses move operations closer to home and focus on productivity.Stock Market Today (5/20/22): S&P 500 Narrowly Escapes Bear TerritoryThe S&P 500 was on pace Friday to finish more than 20% below its January record highs, but a late recovery kept the bear at bay for at least one more ...Best Buy (BBY) Headlines Busy Week of Retail EarningsOur preview of the upcoming week's earnings reports includes Best Buy (BBY), Dollar Tree (DLTR) and Deere (DE).13 Best Infrastructure Stocks for America's Big Building SpendThese 13 infrastructure stocks represent several themes that could enjoy a boost now that America's \$1.2 trillion infrastructure bill has become law.5 Beaten-Down Stocks to Buy on the DipThe market has delivered some nauseating volatility of late. The good news? That has teed up a few great stocks to buy at a discount. Stock Market Today (8/25/21): Financials Lead as S&P 500, Nasdaq Set Fresh HighsUpward pressure on Treasury rates Wednesday helped spur gains in the financial sector on a modest up day for the major indexes.5 Best Industrial Stocks for the Economic RecoveryAs the global economy continues to rebound, this list of industrial stocks could benefit.Stock Market Today 5/21/21: Dow Gets a Lift From Boeing, Energy StocksThe Dow managed a win on strength in Boeing, but the S&P 500 and Nasdaq weren't so resilient.Stock Market Today 2/19/21: Stocks Tread Water, Bitcoin Joins the Trillion-Dollar ClubThe Dow finished flat as a pancake as the stock market continues to stall against all-time highs, but Bitcoin continued building a head of steam. Battling stress can be as simple as ordering fish at a restaurant. On The Truth About Food, a program on the Discovery Health Channel, researchers measured hormone levels in London cabdrivers, who have highly stressful jobs. When put on a diet of four portions a week of oily fish like mackerel, a source of omega-3 fatty acids, the drivers produced less of the stress hormone cortisol and more of DHEA, a hormone the body cranks out to combat stress. "When the body sees omega-3 fatty acids, it feels calm," says Oz. Walnuts, flaxseeds, and tofu are other excellent sources.You're sitting on the couch watching The Real Housewives of Beverly Hills reruns—just like last weekend. And instead of becoming absorbed, part of your brain stays focused on the looming deadlines that have been nagging at you at work. Susan Nolen-Hoeksema, a professor of psychology at Yale University and the author of Women Who Think Too Much (Henry Holt), says, "Overthinking without being able to resolve anything draws us deeper into a feeling of being overwhelmed." A pastime that requires you to pay attention or engage with other people—like tackling a new recipe, taking a foreign-language class, or playing tennis—lets you escape from your own spinning head and break the cycle.Admiring a photo of a model or a movie star just as you would a work of art could relieve tension. Half a group of people who viewed photos of females wearing makeup said they were less stressed afterward, according to a study at the University of Louisville in Kentucky. The other half did not report the same benefit, but they didn't feel any worse, says Patrick Pössel, a professor of psychology who conducted the study.The hours your boyfriend and his slacker buddies spend hooked up to an Xbox may have an actual benefit. According to researchers at East Carolina University in Greenville, North Carolina, playing nonviolent video games can decrease stress and improve your mood. "Getting absorbed in games provides a distraction and relaxes the nervous system," explains Carmen Russoniello, a professor at the university. Skip World of Warcraft, even if you love walloping trolls, and choose something like Peggle instead. "The challenge should be difficult enough, but not an added pressure," says Russoniello.

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