April is National Stress Awareness month, and while we all experience stress it may manifest in different ways. In order to cope with stress, the first step is identifying the signs and symptoms, which can impact all aspects of one’s physical, social, mental, and emotional health. If you feel any or all of these, we have identified some quick ways for you to relieve your stress in five minutes or less.

**LOWER STRESS IN FIVE STEPS OR LESS:**

1. **Breathe Deep**: Breathing can counteract the body’s response to stress. To put this into practice, inhale slowly and deeply for 5 seconds then exhale slowly.

2. **Flow with Yoga**: Slow flow yoga, where you hold certain poses then release them slowly, can interrupt the body’s stress mechanisms. Try this simple routine of 5 yoga poses to help soothe your stress.

3. **Go Outside**: Being in nature is shown to be an antidote for stress. Take a quick break and go sit or walk outside for 5-10 minutes.

4. **Express Gratitude**: Gratitude is a common prescription for wellness. If you are feeling stressed or overwhelmed, write down 3-5 things you are grateful for to combat these feelings.

5. **Use Aromatherapy**: Different scents dictate different moods. Lavender, Bergamot, Orange, Ylang Ylang, and Sandalwood are 5 recommended essential oils to reduce stress.