10 Ways to Relax That Require 10 Minutes or Less

While it would be nice to just take a long vacation or check out of work each day for a few hours, most of us have limited time and opportunities to relax. **However, we usually can find 10 minutes somewhere throughout the day.**

Believe it or not, there are several ways you can relax in 10 minutes or less. Do this a few times a day, and you'll find that you might not need that long vacation. (Okay, not really, but these techniques can still help take a little stress out of the day.)

Use these methods to relax in as little as 10 minutes:

1. **Meditate.** The benefits of meditating are many. It's incredibly popular right now but has been around for thousands of years. **Experts often claim that even just one minute of meditation per hour is enough to gain benefits.**

2. **Control your breathing.** Your breath is one of the few parts of your physiology you can control. **Slower, deeper, breathing will help you to relax.** Focus on the feeling of your breath filling your lungs, then breathe out, concentrate on the air passing through your mouth or nostrils. Count your breaths if you find that helps.

3. **Visualize a peaceful scene.** Our moods follow our thoughts. Think about something pleasant, a favorite peaceful place, a happy memory or activity, and you can expect to experience a more enjoyable mood.

4. **Spend time with your pet.** Pets are a blessing. They require little and ask for even less. They're always happy to see you, show you unconditional love. Cuddle up with your pet and notice how much better you feel. Your pet will love the extra attention, too. Don't have a pet? Borrow a friend's pet.

5. **Talk to a friend.** Call up a friend, or even better, have a face to face. Yes, Facetime or Skype counts! A few minutes spent chatting with a trusted confidant can do wonders for your stress levels. You'll also be maintaining your relationships, which in this digital age is even more important.

6. **Take a short walk.** A long walk is even better, but if you only have 10 minutes, a short walk can help a lot if you're feeling stressed. Pay close attention to your surroundings while you walk. It will keep your mind off your challenges for a few minutes.

7. **Listen to music. Music has an amazing ability to alter one's mood.** Think of a few songs that will put you in a mood you'd rather feel. Listen away! If you don't happen to have those songs available at the moment, YouTube has just about every song available for free. I've created my own playlist just for this purpose, so it's always ready to tog when I need it.

8. **Chew gum.** Chewing gum has been shown to be an effective reducer of cortisol, the primary stress hormone. Many people like to blow bubbles, too. You can lower your stress and amuse yourself at the same time.

9. **Sit outside in the sun.** Relax for a few minutes on a nice day and enjoy the sun. The warmth on your body can be a great mood booster, and you'll get a nice dose of vitamin D, too. A win/win.

10. **Write down everything that worries you.** One way to be less stressed and anxious is to write down everything that's bothering you. Get it out of your system and down on paper. By externalizing it, you'll often find that things aren't quite as bad as you thought. Writing things down also helps see it differently, a solution might be closer than you thought.

If you're regularly feeling stressed, it's important to do something about it. Not only is it miserable to feel stressed all the time, but it's terrible for your health. Talking it out with a trusted mentor or mindset coach may help too, helping you achieve a new perspective.

If you want to relax, make time for it each day. Ten minutes can be enough to take the edge off your stress levels. Don't allow 10 minutes to go to waste. Use them to relax!

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