Limeade®

5 ways to combat stress

Here are five things you might be stressed about — and the best ways to fix them.

Money

Fact: Money is the [number one stressor](#) for Americans, with 72% feeling stressed about it at least some of the time.

To do: Meet with a financial expert or seek out online workshops, and use various tools to help you create a financial plan. Challenge yourself to automate your savings, and put away at least 10 percent of your income every month.

Relationships

Fact: Balancing work and life is stressful in itself, but when you throw friends and family into the mix, it's a whole new game.

To do: Talk to your manager about how she can help you integrate work and life in a way that meets your personal needs. Set clear boundaries when necessary, and ask for support when you're feeling overwhelmed.

Uncertainty

Fact: Excessive worrying about things that may or may not happen can leave us feeling pessimistic, irrational and out of control.

To do: When you find your mind racing, take a few minutes, close your eyes and focus on breathing. Meditation helps improve outlook and stress levels.

Multitasking

Fact: Switching from task to task — and spreading your attention — comes at a cost. It's easy to get sucked into constant connectivity, but always-on technology isn't all it's cracked up to be.

To do: Lower your stress levels by focusing on one task at a time. And when you need a break, take it. Go for a walk, and step away from the screen at least once a day.

Lack of Sleep

Fact: Adults who don't get enough sleep are more likely to report symptoms of stress. It can make you cranky — and it takes a toll on productivity.

To do: Lack of sleep causes stress, but stress also causes lack of sleep. Break this vicious cycle by cutting off all screen time at least 20 minutes before bed. Dim the lights, drink chamomile tea and do some light stretches to help yourself unwind.