

There are many ways to calm down quickly when you suddenly get blindsided by stress and feel overwhelmed. The following are five quick and easy ways to regain your calm so you can deal with whatever situations are at hand:

[Take a Walk](#)

Exercise can be a great stress reliever in itself, as it helps you blow off steam and releases endorphins. Taking a walk when stressed provides the bonus of getting you out of the stressful situation and providing some perspective so you can return in a new frame of mind.

[Take a Breath](#)

If you're not in a position to leave, you can feel better right away by practicing breathing exercises. Getting more oxygen into your body and releasing physical tension are two ways that breathing exercises can benefit you, and you can do them anytime or anywhere, even if your demanding situation isn't letting up.

[Take a Mental Break](#)

If you can steal away a few minutes of peace, visualizations and guided imagery are a wonderful way to restore peace of mind. They're easy to do, and can relax you physically as well as mentally.

[Reframe Your Situation](#)

Sometimes we intensify our experience of stressful situations by the way we look at them. If you can look at your situation differently, you may be able to put it into a different perspective--one that causes you less stress! Read more about mental and emotional stress that can be caused by [pessimism](#), [type A traits](#), and other self-sabotaging thought patterns, and learn how you can change the way you look at things. It'll come in handy when you're stressed.

[Try Progressive Muscle Relaxation](#)

Progressive Muscle Relaxation (PMR) is a technique where you tense and release all of your muscle groups, leaving your body feel more relaxed afterward. PMR is one of my favorite techniques, as it can be done by just about anyone, and with practice you can fully release virtually all the tension you're feeling in your body in a matter of seconds! This can help you feel more calm and better able to handle the situations at hand.

Once you've been able to calm down, you should be in a better position to address whatever stressful situations you're experiencing. It's also a good idea to adopt a few regular [stress relievers](#) and [healthy lifestyle habits](#) so that you can reduce your overall stress level so that you experience less stress and are less bothered by the stressful situations you do encounter.

The three major sources of stress are:

Relationships : Contact with others at work can be one of our prime sources of satisfaction. But relationships generate wearing distress when there is uncomfortable tension or unresolved conflict.

Environment: Many of us work in a stressful physical environment Noise, crowded conditions, exhaust, poor ventilation, lack of windows, uncomfortable temperatures. All can cause fatigue and tension. So can the “corporate culture”. The organizations structure, policies, politics, all affect the quality of work life.

Job expectations: The nitty-gritty aspects of a job may be a source of distress. When a person’s skills are not well matched with the responsibilities of the job, stress and a gnawing feeling of inadequacy may result. Frustration mounts when schedules become too hectic, or the workload too great. Fuzzy job descriptions create ambiguity, uncertainty and anxiety. Financial and other rewards may be a source of despair.

Clearly no job or work setting is perfect. Every job has a “crap factor”. None is without a varying degree of frustration and stress. However those people who are able to identify both the nature and the source of the distress are in the best position to minimize the accumulation of stress on the job.