

Helpful Guides

End-of-day **stress detox**

Everyone has their own way of beating stress and relaxing at the end of the day. Use whatever techniques work best for you, but if you need help figuring out where to start, here are some effective ways of de-stressing at the end of the day that many people find helpful.



De-stressing after work or other life commitments is crucial to our well-being and mental health. Work, or other strenuous daily tasks, can be draining and cause us to feel run-down, apathetic or anxious. This isn't an ideal way to live life!

To manage your end-of-day stress, try to learn about and practice detox and de-stressing techniques, incorporating them into your daily routine.

So, here's how to detox and de-stress:

1. Switch off from work

Try to switch off your work emails and phone line at a particular time. Set boundaries with your colleagues and with yourself. It's okay to have some flexibility on busy days but try to be strict with yourself after a specific time in the evening.

2. Relax and rest your body

Keeping your body happy and healthy is a great way to de-stress after work. Exercise is crucial to general health and relieves tension in our muscles and minds. Try to find a type of exercise that you enjoy and doesn't feel like a chore. As important as it is to be active, don't be afraid to miss a day at the gym or modify plans if you feel that the rest would benefit you more.

3. Find a hobby

Hobbies are excellent for taking our minds away from work while developing new skills and relationships. They can be anything, from reading to skydiving, and don't have to take up lots of time and money. If you want a hobby to relax physically and mentally, why not try reading, journalling, crafts or cooking?

4. Maintain your relationships

Sometimes, there's nothing quite like a chat to de-stress from a difficult day. Seeing friends or speaking to family, even just a quick text message or email can help to take your mind off your day and keep you anchored.

5. Seek help for stress

Sometimes stress gets too much. We all experience it, and it's great to have the tools to manage it. However, stress can sometimes spill over into panic and anxiety, which isn't good for mental or physical health.

If you find that stress is getting too much – for example, you find yourself unable to go to work or do things you enjoy – speak to your healthcare provider to see what support they can offer you.

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