



TAKE A DEEP BREATH AND A DRINK . . .

Having a stressful day? Don't reach for a candy bar. Try one of these soothing liquids instead.

1. **Drink a glass of milk.** It contains tryptophan, which as it is metabolized is converted to mood-boosting serotonin. Plus, its calcium, magnesium and potassium content may help keep blood pressure down.
2. **Drink hot cocoa.** Warm drinks raise your body temperature—a feeling we associate with comfort, so it triggers a similar response in our brains.
3. **Order black tea instead of coffee.** A study by University College London shows that drinking black tea four times a day for six weeks lowered the stress hormone cortisol after a stressful event.
4. **Drink green tea.** It is packed with theanine, which increases the brain's output of relaxation-inducing alpha waves and reduces the output of tension-making beta waves.
5. **Drink a glass of cold water,** then go for a walk outside. The water gets your blood moving and the air invigorates by stimulating the endorphins that de-stress you



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