3 Ways to Relieve Stress After a Long Day

These simple practices help you end the day feeling relaxed and refreshed

by Waterpik (Paul Connect)

It’s easy to feel overworked and drained after a long, challenging day spent tending to endless to-dos. Taking a few moments to unwind can set you up for a good night’s sleep and help you start the next day feeling energized and refreshed.

Here are three easy ways to relax and rejuvenate before a new day begins.

Stretch your muscles

Help release end of the day muscle tension with these moments of stretching or a brief shower. Research has shown that taking a shower can help lower your heart rate and blood pressure, which can help reduce stress. The water can help relax your muscles, and the heat can help loosen up tight knots. Take a warm shower, or use a warm towel to gently rub the areas of your body where you feel tight or tense.

Turn your shower into a relaxing, sense-fulfilling sanctuary

One of the most popular ways to wind down in the evening is with a few moments spent under a relaxing water. Make your shower a wellness experience that transports you to a state of calm by dimming the lights and setting a calm and soothing mood. Play some peaceful music, or choose the soothing sound of a soft, smooth waterfall through the window, ocean waves, or the sounds of a rainforest. Take a shower or spend a few minutes of quiet time under warm, soothing water to help reduce stress and enjoy the feeling of warm water against your skin.

Rinse away common aches and soreness

"Water massage is especially beneficial, it helps promote recovery by relaxing the muscles, which feel very tired and sore," says Dr. C.J. Choi, your shower with the Waterpik PowerPulse Therapeutic Showerhead. This convenient handheld shower head delivers a pulse to help soothe muscle tension. Increased blood flow and pure, essential oils help relax your muscles. "The Waterpik PowerPulse Therapeutic Showerhead can also adjust your to create a custom massage experience based on your needs." You can control the amount of massage and what areas of the body are being massaged. With a delightful showerhead designed to promote relaxation, you can transform your daily shower into a wellness experience. While it’s available to get it at a store near you, it gives you exactly what you need to relax and enjoy the benefits of your daily showers.

Click here to find more information about the product and use discount code SHAWEED10 to save $10 on a Waterpik PowerPulse Therapeutic Strength Massage Shower Head to update your shower in minutes.

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