

Listening to your iPod can actually reduce stress, really!

1. Exercise Soundtrack

Exercise is an important part of stress management. It gives you a release, increases your endorphins, and improves your overall health, among other things. It's not always fun to go for a walk by yourself or go to the gym to work out—unless you have an iPod! Just plug in the earphones and go!

2. Cleaning Soundtrack

Maintaining an organized living space is a great way to manage stress; clutter only causes additional tension! And what normally feels like a chore can feel almost like a party if you have the right music! If you get a dock for your iPod, you can play upbeat music in any room of your house and have fun while you clean.

3. Spa Sounds

Relaxing in the tub and taking care of your body is another great way to de-stress, and the tension relieving benefits you experience can be multiplied with the right mix of soothing music. Just close the door, dock your iPod, and feel like you're truly escaping to a spa.

4. Sizzling Sounds

People are eating fast food more now than ever before, but eating at home is generally cheaper and healthier. If you dread taking the time to help your parents make home-cooked meals, let your iPod help! If you put on some of your favorite music and work quickly, it's less of a chore. You can even see if you can finish all the meal prep over the course of two or three songs to make the cooking time go faster.

5. Mellow Meal

Studies show that listening to music while you eat can cause you to savor your food more, aid digestion and even help you eat less! Classical music works best, but playing any mellow music on your iPod can help. You can dock it right on the table if you want!

6. End Road Rage

Many people report feeling stressed while driving. Instead of succumbing to road rage, you can get a road trip dock for your iPod and listen to music or audio books!

7. Personal Enrichment

Sometimes having a hobby, learning something new, or otherwise having a creative outlet is just what is needed to breathe new life into a stressful day. You can listen to enriching audio books on your iPod and learn a new language or explore a new topic while you move about your life.

8. Quick Laughs

Laughter is a great stress reliever. Unfortunately, sometimes it's hard to find truly funny things to laugh at when you're under a lot of stress already. Again, your iPod can help! You can download stand-up comedy. Sometimes a small laugh is all it takes to change your attitude and get into a lighthearted mood.

9. Time Management with Your Favorite Shows

If you have favorite shows on T.V. but not a lot of time to watch them, you can download many of them onto your video iPod and watch them when you're doing other things like waiting in line or eating lunch. It helps you save time while fitting in some tube time.

10. Meditation Music

Meditation has proven health benefits, from lowered blood pressure to a reduction in depression! Some people find it difficult to begin a meditation practice, as it's hard to 'think about nothing'—random thoughts often pop into your head. Now you can avoid this by docking your iPod in a quiet, private room and just focusing on the music. This helps you be fully present 'in the moment', which is a form of meditation!