



4 Weeks of Stress–busting Suggestions



"When the breath is unsteady, all is unsteady; when the breath is still; all is still. Control the breath carefully. Inhalation gives strength and a controlled body; retention gives steadiness of mind and longevity; exhalation purifies body and spirit." – Goraksasathakam

Let's Get Started!

For the next 4 weeks, I will provide you with different methods to help relieve symptoms of stress, or methods to just help you relax if that's all you need. We're living in tumultuous times right now and it can be difficult to sometimes practice self-care, especially those of us who also care for others. My hope is that the next few weeks teach you easy and realistic ways of dealing with stress and taking time out for proper mental relaxation, no

matter what your schedule looks like. Dive right in...I hope you enjoy the ride!

Welcome to Week 1, Breathing

Breathing for Relaxation

Breathing is one of the easiest, most natural things that we all do. It can also be one of the easiest and best ways to achieve mental and physical relaxation. Proper breathing techniques help you maximize relaxation. Follow along with the written techniques below and begin to experience a new way to relax.

- Start by finding a comfortable position if possible (sitting or lying). If needed, this technique can be done while performing other activities. A quiet atmosphere can also add to your relaxation.
- Next, allow yourself to take a long slow breath in through your nose. Allow your torso to stretch and open your diaphragm. Attempt to hold this breath for about a count of 3 or 4 seconds and open your diaphragm.
- Then, slowly release the breath through your mouth to a count of 3 or 4 if possible. Allow yourself to completely empty your lungs.
- Repeat the above process as many times as needed. As you continue to breath deeply and clear your mind, you might even notice a feeling of being “light-headed”. This is normal, your brain is getting more oxygen.

After a short while, you should feel more relaxed and energetic. This is a tool that you can use almost anytime or anywhere. Take advantage of this simple process to gain more precious moments of relaxation without having to totally de-rail your activities. I hope you enjoy this technique. Now, go practice 😊

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