

Breathing is the quickest way to becoming relaxed. It slows down your sympathetic nervous system (fight or flight) and activates your parasympathetic nervous system (rest and digest).

“Rule of 5 Breathing”

A simple practice that you can do anywhere, anytime with your eyes open or closed.

1. Breathe in for a count of five
2. Hold for a count of five
3. Exhale for a count of five
4. Do this for five breaths
5. Do this five times a day

So how can simple breathing help you?

The Mayo Clinic states that practicing relaxation techniques can reduce stress symptoms by:

- Slowing your heart rate
- Lowering blood pressure
- Slowing your breathing rate
- Reducing activity of stress hormones
- Increasing blood flow to major muscles
- Reducing muscle tension and chronic pain
- Improving concentration and mood
- Lowering fatigue
- Reducing anger and frustration
- Boosting confidence to handle problems

In short, relaxation is good for you! Relaxation is a skill and takes time to master; however, the effort you put into managing stress will pay off in the long run.