

VitaMin

Vital health information in a minute

TAKE A DEEP BREATH



Want to feel lighter and less stressed during your workday? Clear your thoughts and take time to just breathe. Allow yourself to be in the present moment without worrying about the past or future.

Mindfulness = Paying attention to the mind and body, awareness of the present moment.

Meditation = Calming the mind through focus on a sound, movement or simply the breath.

Clear your mind

Meditation is something you can do while at rest or in motion – while you’re out on a walk or at your desk. It can be as simple as focusing your attention on breathing deeply or visualizing a relaxing image.

Practice deep breathing to put you in a relaxed state:

1. Inhale through your nose to the count of four.
2. Exhale slowly and completely to the count of four.
3. Repeat.

Source:

¹ <http://www.mayoclinic.com/health/meditation/HQ01070>

Meditation can benefit your emotional well-being, your health and your life. Some research also suggests that meditation may help with certain health conditions that are worsened by stress.¹ For example:

- Allergies
- High blood pressure
- Cancer
- Pain
- Depression
- Sleep problems
- Fatigue

Relax your muscles

Relaxation training is another technique you can do almost anywhere to help alleviate stress. Start with one muscle and tighten it for five seconds. Then relax it for 30 seconds. Work your way through all the muscles of your body.

Take a yoga break

Practicing yoga can activate your muscles and clear your mind. Some yoga poses are simple enough to do while you take a break at work. Yoga can help you relax and feel ready for whatever’s next in your day.

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