

RELAXATION

Exercise module

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.