

How to Manage Your **Stress Levels** in



SECONDS

Flat

Overscheduled and overwhelmed?
You're not alone.

Anyone can sneak in this powerful, deep-breathing routine to relax and refocus. It takes only a minute – literally! Here's the how and why.

How to do it.

Place one hand on your upper chest



1

and the other just below your rib cage.



2

Breathe in slowly through your nose. Feel your stomach push against your bottom hand while the hand on your chest remains still.

3

Exhale through your mouth. Allow your belly to move inward again.

Repeat three times.



Why do it?

The quality and rhythm of your breath affect your nervous system, including brain centers that influence feelings of calm or stress.

A conscious, calming breath can offset anxiety and other stressful emotions.

A full, deep breath makes your lungs and chest send a signal to your brain, and you feel calmer.

Deep, diaphragmatic breathing also has physical benefits, such as improving posture and easing pain.

Did you know?

Reframing how you think about an event can have strong benefits for overall stress.

One example:

Before you drive home after work, sit quietly for 2 minutes with your keys in your lap. Now try making that 45-minute commute a kind of quiet time for reflecting on the high points of your day.

SOURCES: nccih.nih.gov/health/tips/stress
cdc.gov/bam/life/getting-along3.html