

Five-Minute Stress Relief.com
Breathing Tranquilizer Technique

Introduction

Rapid breathing is a natural side effect of stress. When we're tense, our breathing becomes quicker (shorter breaths) and shallow (small inhale, little expansion).

Healthy breathing is relaxed and slower. Performing this breathing technique slows heart rate and breathing rate and reduces strain on your heart. This calming technique also "turns off" your body's cortisol stress response, helping to prevent extra belly fat on stomach and waistline.

If you're sitting or lying down, closing the eyes increases effectiveness. (If you're standing, for safety reasons, keep eyes open.)

About This Technique

The action of performing this breathing technique affects the mind and body -- you don't have to concentrate to get results. You can do this technique anywhere to reduce stress (holding on the phone, waiting in line, caught in a traffic jam, etc.). Rather than feeling anxious or annoyed in tense situations, use this breathing technique.

Performing This Technique

- ◇ Take a deep breath and begin counting to yourself -- one, two, three, four -- as you breathe in. Continue to inhale for all four beats.
- ◇ Then exhale slowly, counting again -- one, two, three, four. Repeat inhale and exhale, four beats each. Take ten deep breaths (takes about one minute).
- ◇ At first, you may not be able to sustain your inhale and exhale for four beats. Don't get frustrated or disappointed. Perform the deep breaths as best you can and the process itself will calm you down.
- ◇ As your body rhythms adjust, your breaths will become slower, longer and deeper. Adjust your count accordingly.
- ◇ Completing all ten deep breaths produces the greatest result. Stress reduction occurs when your body and breathing return to a slower, easier pace.
- ◇ Even if you do fewer than ten full breaths, you'll still feel a noticeable change for the better.

© 2009 Five-Minute Stress Relief - All Rights Reserved

Source: Stress Makes You Fat, Wrinkled and Dead *Lewis Publishing* Richard Lewis ISBN 0-9664069-0-7