Mini Relaxation

uses deep breathing techniques that will help you to feel calm and peaceful.

Research has shown that your autonomic nervous system is stimulated with deep breathing.

This natural relaxation is great for your mind and body as you continue on your path to wellness!

So let's get started!
When you have 1 minute
Place your hand just beneath your navel so you can feel the gentle rise and fall of your belly as you breathe. Breathe slowly. Pause for a count of three. Continue to breathe deeply for one minute, pausing for a count of three after each inhalation and exhalation.

2 minutes
Count down slowly from 10 to zero. With each number, take one complete breath, inhaling and exhaling. For example, breathe in deeply saying “10” to yourself. Breathe out slowly. On your next breath, say “9”, and so on. If you feel lightheaded, count down more slowly to space your breaths further apart. When you reach zero, you should feel more relaxed. If not, go through the exercise again.

3 minutes
While sitting down, take a break from whatever you’re doing and check your body tension. Relax your facial muscles and allow your jaw to fall open slightly. Let your shoulders drop. Let your arms fall to your sides. Allow your hands to loosen so that there are spaces between your fingers. Uncross your legs or ankles. Feel your thighs sink into your chair letting your legs fall comfortably apart. Feel your shins and clavicles become heavier and your feet grow roots into the floor. Now breathe in slowly and breathe out slowly. Each time you breathe out try to relax even more.

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