

QUICK STRESS RELIEF TECHNIQUE

One of the easiest ways of dealing with stress is to stop it accumulating by taking small breaks during the day to relieve tension. During these breaks, there are a range of quick techniques that can relieve the stress, which can be used anywhere at any time. Try to use them regularly at the early signs of tension, or pain.



BREATHING

Body Focus

Take a deep breath and close your eyes for a few moments. Sense where your body is contacting the environment around you (chair, floor etc) and sense where your weight is resting. Now take another deep breath and move your body in some way to get more comfortable and relaxed.

Body Focus Release

Do the same as above but sense if there are any places of excess tension or pain in the body. If you notice any, breathe in and try to imagine that area loosening up. Then gently and slowly move that part of the body just a little to let it loosen and relax

Breathing

You can do these breaths while sitting, lying down or while walking and repeat them anywhere for 5 to 10 minutes to relieve tension. Take a slow deep breath in through the nose and out through the mouth

4 x 4 breath

Breathe in through the nose and out through the mouth to the following count:

1-2-3-4
Inhale

1-2-3-4
Exhale, pause before the next breath

4 x 8 double breath

Breathe in through the nose and out through the mouth to the following count:

1-2-3-4
Inhale

1-2-3-4
Exhale,

5-6-7-8
Slowly pause before the next breath

This is the most effective breath to counteract stress and enhance relaxation.