

5 TECHNIQUES FOR QUICK STRESS RELIEF

SEIZE THE MOMENT AND RELAX!

Stress is a flexible foe: Sometimes it strikes us head-on in a surprise attack, and sometimes it slowly builds up in the background over time. Here are a few highly adaptable techniques for diffusing stress on the go, during your downtime or in any situation that calls for more peace and tranquility.

● BREATHE DEEP.

Long, deep breaths send signals to your body telling it there's no need to be stressed. Simply take a deep breath through your mouth and slowly release it through your nose. Repeat as desired.

● STRETCH IT OUT.

Yoga's great for reducing stress, and you don't need to book a full session in the studio to feel its relieving effects. Take a few minutes to stand up and reach high, touch your toes or do any pose that relieves pent-up tension in the body.

● TENSE AND RELEASE.

The opposite of stretching is also great for fighting stress. Pick a muscle group and tense it for about five seconds, then relax for 30 seconds and repeat. You can start with the muscles in your toes and work your way to your neck for full-body relief.

● MEDITATE.

Clearing your mind helps prevent stress from building. Sit comfortably, focus on your breathing and focus on the present moment. Let go of any thoughts that arise as you enjoy the peace and silence.

● VISUALIZE.

Your imagination is a powerful stress-fighting tool. Find a quiet spot, close your eyes and picture a calming place or situation in your mind. Your body will begin to relax as if you were really there.

