



BODY MIND YOGA
PERTH

Daily Stress Relief Technique

Doing a regular yoga practice and meditation practice is great for helping one to cope with stress and alleviate the negative effects that stress has on one's body; however it is also useful in daily life to be able to minimise the negative effects of stress the moment the body/mind begins to feel stressed. Often when we are stressed we get so in our heads we forget our breath, we forget our posture, and we forget to drink water – all basic requirements for our wellbeing.

Have a go at the following tips and see if they help.

- 1. Belly breathe:** When you are in a stressful situation (perhaps you notice your breath has stopped or become shallow or the out breath has become very short) focus on your breathing and be aware of the breath at the belly...gently deepen the breath at the belly, expanding the belly as you breathe in and have a sense of relaxing as you breathe out. Just this first step is great if that's all you are able to do in the situation.
- 2. Smile:** If possible, continue with this, and now as you breathe out smile to yourself – either physically smile or just internally smile to yourself (especially if you are in view of others and you don't want to look like a complete nutter!). Smiling increases endorphins in the body.
- 3. Check your posture.** Often when we are stressed we become hunched over. Simply keeping your head up and your spine comfortable straight can make you feel a lot more positive and it also allows your breath to flow more freely.
- 4. Drink plenty of water.** We are made up of 70% water. When we are dehydrated we feel tired and stressed. If you can, drink at least 2 litres of water a day, more if it's very hot or you are doing strenuous physical work.
- 5. Acknowledge the reality of the stressful situation.** Don't deny it's not happening or waste energy wishing it hadn't happened. By being present and as calm as possible you are more able to cope with the situation. So face it head on and take the most appropriate action you think is required to deal with it.