



## **Stress Relieving Relaxation Techniques** **You Can Do in Five Minutes or Less**

You can become so busy DOING that you forget how or when to give your mind and body what it needs to rest and recharge. It is amazing how just a few moments of time away from constantly DOING can refuel long lasting motivation and energy, bring some rest and relaxation into your everyday, and boost your mood.

Here are four things you can try to take some time to BE, all of which you can do in five minutes or less:

1. **Belly breathing.** Place one hand on your chest and the other on your belly so you can raise your awareness to how your chest and belly move as you breathe. As you breathe, practice inhaling through your stomach and diaphragm so your belly expands more than your chest with every inhale and relaxes with every exhale.
2. **Sit comfortably** with your feet flat on the floor. Turn your attention to your breathing without trying to change the pace or depth of your breath. Breathe as you normally would and as you do so, rest your hands, palms down on your thighs with all your fingers relaxed but extended.
3. **Connect to the rhythm of your breath.** Pace the different stages of the breathing process. Breathe in for a count of five to 10. Hold your breath for the same count. Breathe out to the same count. Repeat for as long as time allows. You can pace your count as fast or as slowly as you like.
4. **Relax each area of the body one by one.** Example: Contract all the muscles in the foot and hold. Relax all the muscles in the foot. Do the same for each body part.

Stress Rescue™

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