

Dealing with stress

When we are feeling stressed, our breathing often becomes more shallow and rapid. Sometimes, we even hold our breath. A few deep breaths can make you feel instantly calmer. Here's how to do it:

Lying, standing or sitting, start by letting all the air out of your lungs, breathing out through the mouth (a big sigh). Now place your hands just below your ribcage on your tummy and breathe in through your nose, pushing your hands out with your tummy. Imagine you are inflating your stomach! Pause for at least a second, a little longer if possible, and then slowly and steadily let the air out through your mouth, feeling your tummy subside beneath your fingers. Try to make the exhalation last longer than the inhalation. Repeat 3-5 times and then breathe normally for a few moments before resuming what you were doing.