

## Methods Of Reducing Stress

When you are stressed, it may seem improbable that breathing can alleviate some of your stress. You, of course, breathe every moment of every day. However, studies have shown that proper breathing techniques can reduce your stress considerably. One of the most popular breathing techniques to release tension is to use a straight chair and take deep breaths that reach right down to your stomach. This is similar to meditation; as you breathe in, silently speak the phrase "Breathe in peace and relaxation." Hold your breath and when you release it again silently speak the phrase "Breathe out stress and tension" Do this several times pausing in between each repetition. It is very important that you are aware of any tension that is in your body. Any place in your body that is tight or sore is where the tension is affecting you. When you use this technique, you will actually feel more relaxed and calm.

Another technique that is used for relaxation will relax every muscle in your body. It can show you the difference between what relaxation really is. Often times, people are so busy with their chaotic lives that they do not realize that they are even tense. When you use the progressive relaxation technique, you will find that you will be able to recognize stress and be able to get rid of it with simple and effective techniques that do not take a lot of time. When you start the progressive technique, you start from your toes and work your way up to your head and neck. To begin with, you must lie down on a sofa bed, or even the floor. Take your right foot, raise it and point your toes toward your head. Tense it as much as possible and then release it. Do the same thing again; only point your toes downward. Next, press the heel of your right foot into the surface you are lying on and hold it then release. Do the same with your left foot. The next part of the body, staying in progression is the calf. Tense the muscle until you cannot hold it any longer and slowly relax it, making sure that it is totally relaxed. Alternate legs and work your way up the body until you get to your buttocks. Tighten your buttocks, count to ten and relax. You will be alternating back and front, so when it comes to your abdomen, suck it in and count to ten and slowly relax the muscle. Working on the back is next; arch and count to ten and relax. At this point, you will need to take a deep breath hold it and count to ten and slowly exhale. It is here that you will notice if there is any more tension in your body. It is important that you take the time to recognize when tension is gone. When you exhale all of your tension away. One way that you can teach yourself to recognize tension is to make a tight fist. This is what tension feels like. When you relax your fist, you will know what it is like to let go of tension. As you work your way up the body, to work on your biceps, you will need to bend your elbow and squeeze your bicep muscle hold it and count to ten and then relax. Repeat it with the other arm. It is time to work on your shoulders, and this is very important. Shrug them so they touch your ear lobes. Count to ten and slowly release them and scrunch up your face as tight as you can. Again, count to ten and release. Remember that proper breathing is very important throughout the progressive procedure. When you have finished the progressive procedure, it is important that you let your whole body relax, almost feeling like Jell-O. This is what you should feel like when you are done; it is an excellent feeling to be so relaxed. If your time is limited, and you cannot do the entire procedure, it is possible to work both sides of your body at the same time. When you do this, you will be able to complete the procedure several times a day.

## About the Author

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