

Relaxation: It's In Your Head - - Literally

Ever feel like your head is in a vise from all the pressures and expectations your clients or coworkers place on you? We've all felt that way at times.

Fortunately, one of the best ways to combat stress can be done while sitting at your desk or in a traffic jam. In just a few minutes, you can feel renewed and ready to face life's challenges. Here are some keys to relaxing your body and calming your mind.

Sit comfortably

Make sure that you are sitting in a comfortable, relaxed position with your eyes closed. Your shoulders should be gently rounded with your arms hanging loosely at your sides. You may rest your hands on your thighs if you wish.

Slow breaths

Take slow, deep breaths from your abdomen. You should not be able to feel your chest rise as you inhale. You can tell if you are breathing properly by placing one hand on your chest and one on your abdomen. As you inhale through your nose, the hand on your chest should not move, but the hand on your stomach should move outward. Exhale through your mouth.

Focus your mind

Do not allow intruding thoughts to enter your mind. If nagging worries begin to bother you, try to let them pass. It may help you to visualize a place where you like to relax, such as the beach or your front porch. In the long run, you will do better for having gotten away from your worries even for just a short time.

These stress-relieving techniques are most helpful if done for a few minutes every day. Make it a habit. Relaxing can make situations that used to be stressful bearable.