

Healthy Bytes

S p r i n g 2 0 0 6

STRESSED? TRY RELAXATION EXERCISES

You've had a long day at work, your head is pounding and you're stressed out. One of the most important things you can do for yourself is also one of the hardest. You must learn how to relax. First, find a quiet location, a comfortable body position and a good state of mind. Try to block out worries and distracting thoughts. Then try some of these relaxation exercises:

Deep and rhythmic breathing – Slow your breathing down by taking long, slow breaths. Inhale slowly then exhale slowly. Breathe into the spot just below your navel, filling your abdomen with air. Let the air fill you up and then let it out like deflating a balloon.

Mental imagery relaxation – Create peaceful and positive images in your mind. Let go of things you can't control. Tell yourself you are healthy and strong.

Progressive muscle relaxation – Working from head to toe, tense each muscle as tightly as possible for a count of five to ten seconds and then slowly release and relax. Maintain a slow, deep breathing pattern.

The next time life has you frazzled, just remember to take a deep breath and relax.

Source:

"Relaxation Techniques." *WebMD*. Reviewed by the Department of Neurology, Department of Pediatric Neurology at the Cleveland Clinic, Medically reviewed by Charlotte E. Grayson, MD. June 2004. <http://www.webmd.com/content/article/46/1826_50673.htm>.

This material is provided for your general information only and is not intended as medical advice. For more information and answers to health concerns, consult your physician or other health care professional.

WE'LL GIVE YOU AN EDGESM



Principal Wellness Company
www.principal.com/wellness
(800) 354-1721