

A Relaxation Technique for Stress Management

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In stressful times, it's helpful to have a technique to help reduce stress.

Deep breathing is a simple exercise that can be done by anybody to help relax the body and the mind. It can be very useful as an aid to getting to sleep or, if you wake up during the night, as an aid to getting back to sleep.

It doesn't have to be used only before bed – it's a good technique you can do any time you want to relax.

1. It's very easy to do. There are just a few simple steps:
2. Find a quiet spot to lie down or recline.
3. You can have music or nature sounds in the background. That's not an absolute requirement, but it can be helpful to the process of relaxing the mind and body.
4. Get used to listening to your heartbeat.
5. Put your hand on your lower abdomen to help make sure that you breathe through your diaphragm.
6. Breathe in through your nose to a count of four heartbeats.
7. Hold for a count of four heartbeats.
8. Breathe out through your mouth to a count of four heartbeats.
9. Hold for a count of four heartbeats.
10. Repeat steps 4 through 8.

When you're doing deep breathing, your stomach should distend (expand) and contract. The breathing is done through the diaphragm so it should be your stomach that rises and falls, not your chest or your shoulders.

This relaxation technique helps with sleep and helps to lower stress in the body. Anything that lowers stress is helpful to your immune system and your health generally.

Even though our clinic is temporarily closed to help to flatten the coronavirus contagion curve, our doctors are still virtually available to patients via video and telephone. We are available to all of our patients with a virtual follow-up consultation so your care continues with little or no interruption. You can [book online](#) or call the office at (780) 485-9468.