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## Self-Care | Made Simple – Stress less

Self-care does not have to be complicated, but it should include actions that promote your physical, mental, and emotional health. “Self-Care | Made Simple” offers practical tips - easy, actionable steps you can take to enhance your well-being that follow three key pillars: Eat Well. Stress Less. Move More.

This month’s focus is to “**Stress less**” with this tip: **Practice deep breathing to help manage stress.**

Have you ever noticed how taking a deep breath can help you relax? This is because when you breathe deeply, you send calming signals to your brain, and your brain sends those messages throughout your body. There are many ways to use breathing to assist in stress management. Try one of these two examples:

1. Begin in a comfortable position in an easy chair or lying down. Close your eyes and inhale deeply through your nose. Allow your lungs and abdomen to rise. Slowly exhale through your mouth. Do this for several repetitions.
2. Be in a comfortable position. Breathe in through your nose and count to 7. Hold your breath and count to 7 and exhale through your mouth and count to 7. Do this for several repetitions. If counting to 7 is too long – shorten it to whatever feels comfortable.

Make time for yourself to see if conscious breathing can help reduce your feelings of stress and overwhelm. The more you do, the better you may feel!

