



mindful living programs

1 Minute to Relaxation

By: LoriWoodhouse, MSW, Life Coach

Relaxation Breathing, also known as belly breathing, reduces stress and anxiety symptoms by 63%.

How to relax in 1 minute: You can practice this technique right now, as you're sitting at your computer. Simply breathe in through your nose, allowing the breath to travel through the chest and downward into the abdomen. You don't need to take deep breaths, or manipulate the breath in any way ... simply allow the breath to move into the belly. Breathing in and out ... **for 1 minute.** When your mind wanders into the past or future, let the thought go (there's no need to engage in the thought in this moment), and return again and again to the breath.

To remember to practice Relaxation Breathing, put a sign on your desk, day-timer or refrigerator that says "**Breathe**".

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