

The Five Minute No Cost Stress Relief Cure

Are you tired of a life filled with stress and anxiety? Would you be interested in a way to reduce stress in your life that costs no money and takes five minutes or less? If you're like most Americans the answer to these two questions is yes. The good news is that stress can be beaten. By learning how to calm the stress response, you will become happier and healthier. If you learn the skills of stress management, you will discover that stress is optional.

Before we learn how to handle stress, it is wise to review why it important to reduce it. Stress has been shown to contribute to a variety of health problems. Among the health problems associated with too much stress are high blood pressure, migraine headaches, insomnia, depression, chronic pain, heart disease, stomach ulcers, and infertility.

In my own experience, my wife and I were challenged by infertility. When you are under stress it is harder to become pregnant. When you discover you are infertile, your stress level increases, making matters worse. Sometimes circumstances we find ourselves in can feel like we are a prisoner to life events. Normal life can present many different types of stress triggers. There is economic stress, illness, relationships, our jobs and the environment just to name a few.

The remedy for all this life stress is deep abdominal breathing. Deep abdominal breathing can reduce your stress level in any circumstance in just a few minutes. Deep abdominal breathing is the foundation for what medical science calls, "the relaxation response." Simply stated, research has proven that deep abdominal breathing makes you relax. The emotional benefits of deep abdominal breathing are a sense of calmness and well being. For your body, deep abdominal breathing reduces blood pressure, heart rate, respiratory rate, relieves muscle tension and reduces levels of stress hormone.

How can you begin right now to learn deep abdominal breathing? The process is simple. First, relax your shoulders and let your arms hang freely. Next, place your right hand under your belly button. Imagine your belly is a balloon you are going to inflate. Take a deep breath in through your nose with your mouth closed. Bring the air below your chest and expand your belly. Pay attention to your hand moving in and out on the belly with the inhale and the exhale. Close your eyes and use your imagination to picture your abdomen as an inflating and deflating balloon.

To take the exercise one step further, it is helpful to repeat positive words silently in your mind. As you breathe in and out continue to use your imagination by silently repeating the word, "calm" as you inhale and "peace" as you exhale. I guarantee within minutes, you will experience a sense of well being.

This exercise has a five thousand year history of reducing stress and anxiety. Scientific studies demonstrate the effects of five minutes of deep abdominal breathing last for

several hours. Think about that. If you do deep abdominal breathing a few times a day, your whole life will change. The secret to stress free living is right under your nose and costs no money. Give it a try on a regular basis and see if you don't start feeling better about life!

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