

HOW TO RELAX



THE UNDERSTANDING

When we get caught up in our own heads with racing thoughts, it can feel like we'll be stuck in this space forever. This is our brain attempting to make sense of everything without having any structure or order to this chaos!

One of the quickest and most effective ways we can quieten down our thoughts and relax is effective use of one of our most basic functions - breathing.

Using our breathing effectively is an extremely powerful weapon.

THE SECRET

Completing the following exercise exactly as it's written below allows the "emotional center" of your brain to slow down and puts the "higher order" (rational) parts in charge. The emotional part of our brain is great for keeping us alive, it's also really good at keeping us awake at night! This exercise is also great for helping us get to sleep.

THE TECHNIQUE - 4, 2, 6

Do the below for **1-2mins**. Sit down in a comfortable position, get out a watch or look at a clock with a seconds hand on it (iphone stopwatch in the clock app is perfect).

Breathe in for 4 seconds

Hold for 2 seconds

Breathe out for 6 seconds

You may notice your body feels heavy and relaxed afterwards. You may also feel a little light headed so make sure you don't get up too quickly afterwards!