

October 2022
Health Coaching Hints

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health coaching session
with Erika today!
(509) 392-7047

NEUTRALIZING STRESS

OCTOBER 2022 Health Coaching Hint “HOW TO NEUTRALIZE STRESS”

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It feels like stress has become a regular part of our lives these days. Whether you recognize the negative impacts of stress or it just feels “normal” to you now, the impact on your body can have long-term effects. Finding a way to complete the stress cycle to reduce the physical, emotional, and mental impacts of chronic stress can go a long way towards improving your overall health and well-being.

There are many ways to complete the stress cycle. Unfortunately, it can be challenging to make time to take a walk in the middle of a busy workday, and we don't all have hot tubs at home to relax in after a long day. Fortunately, there is one thing you can do that doesn't take a lot of time or require expensive purchases: **Heart-Focused Breathing**.

This simple breathing exercise created by the HeartMath Institute is an effective way to bring your body back into balance physiologically and psychologically, a state known as coherence. By grounding yourself in your body for even a minute at a time using the breathing instructions below, you can stop the depleting effects of stress and begin to move towards having more energy and better mental clarity.

Heart-Focused Breathing:

- Step 1:** Focus your attention in the area of your heart.
- Step 2:** Imagine your breath is flowing in and out of your heart or chest area breathing a little slower and deeper than usual.
- Step 3:** Continue for at least a minute to begin to move into coherence. Repeat as often as you need to throughout the day.

If you would like to learn more about how this and other HeartMath techniques can help you to neutralize stress, schedule an inquiry call today with our health coach and certified HeartMath practitioner, Erika Zink.