

Five tips to help reduce stress in 30 seconds

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Stress and anxiety impacts your mental and physical health. Everyday issues related to work, family, health and finances can often lead to higher stress levels. For the sake of one's general health, the stress in daily life should be reduced since it can be detrimental to your health and raises your risk of developing ailments like heart disease, anxiety disorder, and depression.



There are simple practices that you can use throughout the day when you find yourself off-centre, helping to regulate your nervous system and bring you back to the present moment. Writer and psychology instructor, Cory Muscara, took to Instagram to suggest five stress reduction tips that only take 30 seconds.

TAKE 5

Extend your left palm in front of you like you're holding a pizza pie. Place your right pointer finger at the base of your palm in your left hand. Slide it up and down each of your five fingers, breathing in as you slide up and breathing out as you slide down.

SHIFT 'WHAT IF' TO 'WHAT IS'

When your mind is caught up in thinking "What if this happens?" or "What if that goes wrong," pause, take a breath, and ask yourself, "What is here right now?" Notice what you can see, hear or feel in your body. The reality of this moment is often less of a catastrophe than the mind is telling you.

4-7-8 BREATH

Inhale for four seconds, hold it for seven seconds, and breathe out for eight seconds. Do this five times. To elongate the exhale, imagine blowing hot air on a cold window. Then, do this while closing your lips. This will constrict the airway and lengthen your out-breath.

MENTAL LABELLING

When you feel stressed, say to yourself, "This is stress." When you notice fear, say, "This is fear." When you notice a thought, say, "This is thinking." Name it to tame it. This engages your prefrontal cortex, connecting the mature part of your brain to the more reactive part of your brain.

2 FEET 1 BREATH:

When standing or sitting, lift and place your right heel on the ground, feeling a connection with the Earth, and say "Right Foot." Then do this on the left side, saying, "Left Foot." After doing both, take a deep breath. This will help connect to the present moment.