



## Get rid of (bad) stress

There is stress and there is... stress, bad stress. If you feel tired in the morning, if that headache doesn't go by, if you can't have a good night sleep, if work seems too much to handle... then it is bad stress and it is time to get rid of it.

## How?

1. Sit or stand comfortably with your hands on your stomach;
2. Breathe in through your nose slowly and deeply;
3. Once you have inhaled as much as you can, hold your breath for a few seconds;
4. Exhale slowly through your mouth as if you were going to whistle;
5. Breathe in again, and repeat the cycle until you feel better.

Believe: stress is manageable.

Watch this video and learn more about it.

Source: IMH

