

# Two Minute Relaxation Technique

## When to Use Relaxation Technique

Do you sit at your desk or computer all day and can just feel yourself getting tense or frustrated? Or, do you just find it hard to relax?

Well, I'm going to show you a very simple and useful tool that you can use to take advantage of the mind-body connection to reduce stress instantly. You can do it anywhere, you don't need any equipment, and it only takes two minutes to learn. Let's get started.

## Body Position for Relaxation Technique

The step is to sit with your back straight but not tense. If you can, loosen any clothing that feels tight around your waist.

## Relaxation Technique

When you inhale, you'll be inhaling slowly through your nose. When you exhale, you'll be exhaling slowly and completely through your mouth. Try it now.

Most of us don't breathe deeply enough. Instead, we're shallow breathers and air only really enters the top part of our lungs. That's especially so for people who wear tight clothing or sit hunched over at the computer.

What we need to do is use the most important muscle used for breathing, our diaphragm. It's a sheet of muscle at the bottom of the lungs.

So, place one hand below your ribs. When you inhale, allow that hand to expand outwards. When you exhale, let that hand fall back to its original position. It may feel strange at first and it takes practice, so be patient with yourself.

## Refining Relaxation Technique

The last step is to count. Exhalation should take twice as long as inhalation. So let's put it all together:

- Breathe in and count in your head starting from one
- Breathe out and try to make twice as long

So if you counted to three when you inhaled, count to six when you exhale.

And that's it. When you're beginning, just repeat this 4 or 5 more times and work up from there. As you practice this technique, you'll find it becomes more and more effective at relaxing you when you're stressed.

In the middle of a busy day, it's a nice way to give yourself a small, well-deserved break, to take care of you.

To learn more about mind body techniques, please visit us on the web at [Altmedicine.About.com](http://Altmedicine.About.com)

**Hope this will be real stress buster for all of us.....**

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