Stop! Yoga Time

We've considered a few techniques and methods of managing everyday stress. Let's now shift our attention to a more practical, day-to-day way to deal with stress - yoga. It's not necessary to fork out money for a monthly yoga studio membership or buy suitably stretchy yoga pants to enjoy the benefits of this ancient and highly relaxing art. Yoga improves flexibility, boosts bodily awareness and enhances your feelings of wellbeing. And you can do it right now!

The Best Time to Start Is Now!

First, take a moment to find your breath. Take a few exaggerated breaths in and out, feeling the oxygen as it spreads to each and every corner of your lungs. Feel it entering into your nostrils; note its temperature; listen carefully to the almost imperceptible sound it makes as it does so.

Connect Your Mind and Body

Next, you're going to pretend you're not a stressed person sitting on a computer, but rather a tall and majestic oak tree with the wind in its leaves. Inhale deeply and bring as much air as possible into the very tops of your lungs. When you feel you can hold no more, take in one more breath, just in case. Stretch your hands up above you, remembering to loosen and relax the shoulders. Reach up as tall as you possibly can and then slowly tilt your head backwards, stretching the front of your neck. Now, gradually move into a back bend where you lift up and back as far as possible, stretching and extending the spine. Hold for a few moments, then repeat (feels good, doesn't it?).