



DR. TANVI TIJORIWALA, ND'S

# Relaxation Techniques

#STRESSMANAGEMENT

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## *Belly Breathing*

Place your hand on your belly. Everytime you take a breath in, notice your belly expanding like a balloon. Everytime, you take a breathe out, notice your belly caving in, like a deflated balloon. When we are stressed, we often move our shoulders up and down to inhale and exhale. Breathing from your belly allows more oxygen to enter the lungs and promotes relaxation.

## *Trick of Twelves*

Deep breathing is not always sustainable. The goal is to slow down your breathing and make it more consistent. If you are breathing rapidly, you are likely stressed. Use the trick of twelves - 4 counts to inhale + Hold for 4 counts allowing the oxygen to stay + 4 counts to exhale (12 counts in total). Make sure you are belly breathing while applying the trick of twelves

## *Mid-day "Me" Time*

A good way to minimize your body's stress response is to consciously take 15-20 mins in the middle of your day (preferably after coming back from work) to do ANYTHING you like. This can include drawing up a bath, taking a walk in nature or reading (no TV!). This gives you a break from being in a constant state of GO-GO-GO.

## *Muscle Scan*

To perform a muscle scan, close your eyes and sit in a comfortable position. Take a deep breathe and slowly focus on every part of your body - starting from your head to toe. Make sure your muscles are relaxing and keep belly breathing while scanning the rest of your muscles. Focus more time on your forehead, jaw and shoulders. These tense up the most when you are stressed.