In Just Five...It's Summer - Time to Breathe, Relax and Revitalize

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Summertime is an opportunity for us to slow down and relax, change our routine, plan a vacation and spend more recreation time with family and friends. As the temperature increases, our body’s normal response is to decrease the intensity of our activities and tasks. Maybe this is Mother Nature’s way of giving us permission to rest, regroup, revitalize - and just breathe!

One of the best stress reducers and calming techniques available to each of us is something we do 24 hours a day without thinking about it - breathe! However, the key to breathing as a means of relaxing or decreasing stress is intentional breathing.

Breathing with purpose allows you to become centered and focused, and better able to experience the timelessness of the present moment. Intentional breathing improves blood flow, decreases your heart rate and blood pressure, and therefore, increases life-saving circulation of oxygen to all your cells. This, in turn, creates an environment for self-healing and revitalization. Click here for proper breathing techniques that you can do In Just Five minutes.

You can also click on the following links for more information:

- http://lifework.arizona.edu/wsw/stress_relief_101
- http://helpguide.org/topics/stress.htm

"In Just Five" was developed especially for University of Arizona faculty, staff and students with busy work, school, home and family lives. Designed to be quickly read in about five minutes, rotating tips and strategies will highlight practical ideas and resources in support of caring for yourself, your loved ones, and your work and personal life roles.

Click to read previous "In Just Five" features.