

## Quick Stress Relief with Deep Breathing

**Objective:** A simple, quick, yet powerful exercise to alleviate stress instantly through deep breathing.

**Instructions:**

**1. Find a Quiet Place:**

- Look for a quiet and comfortable space where you won't be disturbed.

**2. Get into a Comfortable Position:**

- Sit or lie down comfortably. If sitting, keep your back straight, and feet flat on the ground.

**3. Close Your Eyes:**

- Gently close your eyes to remove visual distractions and better focus on your breathing.

**4. Focus on Your Breath:**

- Breathe in deeply and slowly through your nose. Count silently to three as you inhale.

**5. Hold Your Breath:**

- Hold your breath for a count of three. Try to be present and mindful during this moment.

**6. Exhale Slowly:**

- Slowly exhale through your mouth for a count of three, expelling all the air.

**7. Repeat:**

- Repeat this process for 3-5 times or as long as it feels comfortable and soothing.

**8. Reflect:**

- After completing the exercise, take a moment to reflect on how you feel. Do you feel a bit lighter and more relaxed?

**Tips for Maximizing Effectiveness:**

- Try to do this exercise at least once or twice daily, especially during stressful periods.
- During exhalation, imagine you are releasing and letting go of all the stress and tension.
- If comfortable, you can slightly extend the exhale, making it longer than your inhale.