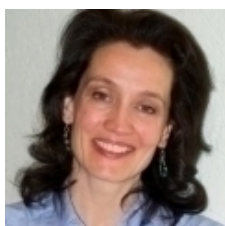


# Breathing can help turn stressful situations around

By Mandy Kendall

I had one of those days yesterday. You know, when everything that could go wrong, does go wrong. It's times like this when things get a bit overwhelming that a session of relaxation and meditation would really help.

However, although many of us have heard of the benefits of meditation, who really has the time to practice it? It is usually because everything is so fast-paced, and time is in such short supply, that causes the issues in the first place. So, how do you relax and ease the tension when there is so little time no matter where you are and what you're doing?



Mandy  
Kendall

Someone who I admire very much once shared a very quick breathing meditation technique that can be used in any situation and is incredibly effective in a very short space of time. It can be used by those new to meditation as well as those who have been meditating for a long time.

Here are the *Qwik-e* instructions on how to use the technique and some examples on when to use it:

**Now, here is the real magic in this exercise:** There is no need to be aware of what it is you are accepting and releasing. It

works wonders whether you are focused on something specific or are just out-of-sorts and not really sure why.

While taking a deep breathe in: think/say/visualize the word "accept".

While breathing out: think/say/visualize the word "release".

Keep repeating and you will notice the negative feeling easing away.

If you prefer a bit more focus, try this technique:

Breathe as above but at the end of the inhale, and the exhale, pause for a moment and give thanks for something.

For an even more focused version:

Breathe as above but think specifically about what you want to accept and release.

Here are some examples of situations where this breathing technique can be used:

If you are anxious about something try "accepting and releasing: the anxiety you are feeling about it.

If you are in a situation where you are not in control, but you are still being affected by it, try accepting the fact that you are not in control and releasing the way this is making you feel.

If you don't like the way someone is behaving toward you, try accepting them for who they are (or the situation in general) and releasing the way it is affecting you.

If you're having trouble getting to sleep you can use this as a general tension releaser.

If you have can think of other situations where you think this would be useful, or have any questions, feel free to post in

the comments below.

Until next time.

*Mandy Kendall operates Health Connective in South Lake Tahoe, which aligns wellness seekers with their ideal wellness provider. If you have questions, would like some advice, or would like to request some Qwik-e tips on any health and well-being topic, drop her an email at [connect@healthconnective.com](mailto:connect@healthconnective.com) or keep an eye out on Lake Tahoe News for regular Qwik-e tips on how to make healthy changes one Quick and Easy step at a time.*