



Taking a Moment to Breathe

Life can be hectic. Life can be stressful. Life can be chaotic. Life can be hard. These are things that I'm sure you already know. Sometimes when you face difficult situations that make you feel as though the world may end, simply stopping to take a deep breath and letting out all of those negative emotions as you exhale, can actually make a big difference.

You can get caught up in the intense stress of a situation and feel trapped. This is how stress can build up and flood your mind with negative thoughts. Taking a moment to stop and take a step outside the situation and breathe, will allow you to think rationally and realize that 'this too shall pass.' Life does go on. Anything you face no matter how difficult or bad it may seem will eventually subside. You will make it. If you're really feeling the pressure, try taking a moment right before you go to bed to reflect on the events of the day. Take in all the negativity or stress and breathe it in. Breathe in as much as you can, and then let it out. Let it go. Let all of the events of the day out with that breath. Breathe out the negativity.

Keep a positive outlook. Do not allow yourself to become so overwhelmed with negative thoughts and emotions that you miss out on some of life's little joys. If you find yourself getting caught up in the stress and chaos that life can bring, take a moment to pause and take a deep breathe. It's amazing how this little technique can help you to refocus and reduce some of the stresses of life.