

# ***Stress Awareness***

Health Education Program

## ***Learning to relax***

### **May is Mental Health Month**

Deep breathing is a good way to relax. Try it a couple of times every day.

Here's how to do it.

- Lie down, or sit in a chair;
- Rest your hands on your stomach;
- Slowly count to four, and inhale through your nose. Feel your stomach rise. Hold it for a second;
- Slowly count to four while you exhale through your mouth. To control how fast you exhale, purse your lips like you're going to whistle. Your stomach will slowly fall;
- Repeat five to ten times.

Information comes from the National Women's Health Information Center - Stress and Your Health. It is available online at [www.4woman.gov/faq/stress.htm#8](http://www.4woman.gov/faq/stress.htm#8).

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