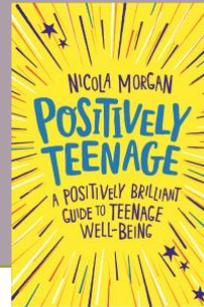
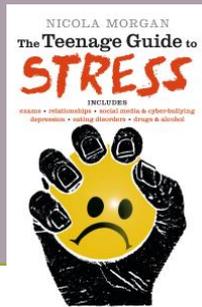


Relaxation audio



FREE RELAXATION AUDIO

I bring you a short recording of me talking you through a very simple and well-established way to make your breathing relaxed. When we are tense and stressed, our breathing tends to become shallow and to take place only in the upper part of our lungs. We can find we're not getting enough oxygen and that our neck, shoulders and jaw muscles become painful. We don't usually realise we are doing this but you can learn to become aware, so that you can stop the problem happening.

There's a simple way to see what your breathing is like at the moment. Just breathe normally (don't try to relax it yet) and put one hand high on your chest, just below your throat, and the other hand below your rib cage, on your abdomen. Which hands moves more?

If you are breathing in a tense, shallow way, the upper hand will be moving more. Relaxed breathing makes your lower hand move more. And the first secret to switching your stress down a few notches, instantly, is to make your breathing move down so that you are doing what's called "belly-breathing."

Anyway, you want the audio, so that you can learn some more detail about this technique, as it's not only about breathing! It's perfect for people of all ages. Listen to it a few times so you can practise *before* you are too stressed. The audio takes about four minutes but once you've listened a few times you'll be able to do it more quickly, by yourself.

You'll find this recording it on [my podcast channel here](#). (Do subscribe, as there are my 52 Ways to Wellbeing episodes, too.) You can download it to your phone, tablet or computer.