



Try The Relaxing Sigh

How many times do you catch yourself yawning or sighing during the day?

This is usually a sign that your body is not getting enough oxygen, so sighing and yawning are your body's way of remedying the situation.

A sigh is usually accompanied by the sense that things are a little off centre and a feeling of tension

A relaxing sigh can be practised at will and is useful for ridding a bit of unwanted tension!

JUST...



Sit or stand up straight



Sigh deeply, letting out a sound of deep relief as the air rushes out of your lungs



Don't think about inhaling – just let the air come in naturally.



Repeat this 8 –12 x whenever you start feeling a little wound up.... It works for Pooh!