

Relax, take a breath, become less stressed

Very busy people tend to put off relaxing until they have time for it. Some say they'll relax on the weekend, on a vacation, in the summer, or when they retire, or just when they get everything else done.

Let me tell you--nothing is ever done! The list will never be completed. You will die and still leave things undone. Are you one of those people who are constantly in "go" or "go faster" mode? There are many types of activities people consider relaxing, let's investigate one of them.

As each problem hits you take a deep breath in your nose and breathe out of your mouth slowly. Rest your hands on your belly and feel it fill with air, then give a deep belly laugh! Go on, try it—in your nose and out your mouth—HE, HE, HAH, HAH, HO, HO! It's amazing how relaxed you'll feel after a good belly laugh! You'll be smiling and anyone who heard you will be laughing or at least wondering what was so funny! Thus everyone will be distracted from their stress and will also be more relaxed.

You have to schedule time for relaxing or it won't get done. Relaxing is something you need to do daily. Train yourself to respond differently to the stress and drama in your life. If you respond aggressively or impatiently all the time you can't be relaxed.

So, the next time you feel yourself stressing out—Stop! Breathe! And give a deep belly laugh and remind yourself life isn't always an emergency.

If there's a way you relax you'd like to share to help others, please email it to me at scparker@ncdot.gov and we'll include it on our website!