

Take a Break from Stress

We all face stressful situations in our lives, ranging from traffic jams to more serious worries about health, or concern for a loved one. No matter the cause, stress floods the body with hormones – your heart pounds, breathing speeds up and muscles tense. Some stress can be put to use, but if it persists, it can have undesirable side effects. While we can't avoid all sources of stress, we can develop healthier ways of responding. Here are a few tips:

Breath focus. Take long, slow, deep breaths. As you breathe, gently disengage your mind from distracting thoughts and sensations.

Body scan. After a few minutes of deep breathing, focus on one part of the body or group of muscles at a time, mentally releasing any physical tension.

Mindfulness meditation. This practice involves sitting comfortably, focusing on your breathing, and bringing your mind's attention to the present moment without drifting into concerns about past or future.

Yoga, tai chi, and qigong. These three ancient arts combine rhythmic breathing with a series of postures for flowing movements. These practices offer a mental focus that can help distract you from racing thoughts.

Repetitive prayer. Silently repeat a short prayer or phrase while practicing breath focus. This may be especially appealing if religion or spirituality is meaningful to you.

Rather than choosing just one technique, try sampling several to see what works best for you. Try practicing for at least 20 minutes a day, though even just a few minutes can help. The longer and more often you practice, the greater the benefits and the more you can reduce stress.

抒解壓力的方法

我們在生活中面臨各種壓力，小到塞車，大到對健康的擔憂，或者對親人的牽腸掛肚。無論什麼原因，壓力讓身體的荷爾蒙氾濫——你的心跳加速，呼吸加快，肌肉緊繃。有些壓力可以化為動力，但如果它持續存在，會產生不良副作用。雖然，我們無法避開所有的產生根源，但我們可以建立健康的應對方式。這裡，有些小竅門。

專注呼吸： 來一個悠長、緩慢、的深呼吸。當你呼吸時，輕輕地把思緒從雜念和感受中抽離出來。

掃描身體： 深呼吸幾分鐘後，把注意力專注在身體上的各部位，一一放鬆；一次一個部位，逐步將身上每個部位的壓力釋放掉。

正念靜坐： 舒服地坐著，專注於呼吸，並將注意力集中在當下時刻，而不是讓思緒漂浮在對過去或未來的事件中。

瑜珈、太極和氣功： 這些古老的保健方法結合有節奏的呼吸、特定的姿勢，和流暢緩慢的動作，幫助人從紛飛混亂的思緒中跳出來，得以專注精神。

重複祈禱： 如果您有宗教信仰或相信靈修，不妨在練習專注呼吸時，默默地重複一個簡短的祈禱詞或短語。

與其專注於一種方法，不如嘗試幾種不同技巧，試試看哪一個在你身上奏效。試著每天至少練習 20 分鐘，即使只有幾分鐘也會很有收益。練習時間越長，次數越多，好處也越大，也就更能有效地減輕壓力。

