

A simple 'breathing' exercise dispels fatigue and calms after a stressful day of work

With only seemingly simple breathing movements, it has amazing effects that you don't think about. Here TipsMake.com please share with you six simple exercises to help you stay calm, relax your mood after a hard working day. In particular, all of these exercises involve breathing.

With the usual " *breathing* " movements, it seems simple, but if you breathe properly, it will be effective to surprise you about its effectiveness. Here TipsMake.com please share with you six simple exercises to help you stay calm, relax your mood after a hard working day. In particular, all of these exercises involve **breathing** .



Basic rules for doing breathing exercises to eliminate stress: Sit up straight, your eyes closed, relax and think about positive things.

1. To reduce stress quickly

Take **short** , relatively deep **breaths** . Then hold your breath for 4 seconds and exhale slowly and fully. After that, wait 5 seconds and continue inhaling again.



2. To help you relax and improve your mind

Put one hand on the forehead, the other hand on the back of the head. This **enhances blood flow** to the parts of the head, thereby helping to reduce stress and pressure.

Hold two hands, breathe evenly, breathe in and out more slowly and keep your breath steady.



3. To calm nerves

First, take a **deep** breath, then exhale vigorously through your mouth, but remember, the mouth only opens slightly. When breathing out, breathe out a small amount of air first, then push up the remaining gas from the inside.



After that, **pretending to yawn once was so refreshing** . Open your mouth as wide as possible, as long as you can feel the tension on your lower jaw. Then, inhale evenly, until you feel " *lungs full of air* ". Hold your breath for 2 seconds, then carefully, gently and evenly breathe out.



Breathe in fully and don't hold your breath, letting air out of your mouth while opening slightly. Your lips will form a circle. Exhale air into parts. The first part of the exhalation should be the longest and the longest, and gradually decrease in the following times. When you have completely exhaled, wait about 5-10 seconds and then repeat the breathing exercise.



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