


Natural Breathing

1. Sit or stand, being mindful of both your comfort and good posture.
2. Breathe through your nose, concentrating as you inhale, imagining your lungs filling with air.
3. Hold your breath for a few seconds – however long is comfortable for you.
4. Exhale slowly, relaxing your muscles as you do so.
5. Repeat as needed.

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anytime, anywhere.



"You can do anything,
but not everything."

-David Allen

Discovering Peace in a Stressful World

Imagine not waking up to an alarm clock. Then picture yourself enjoying a nice cup of coffee or tea before heading off to a late morning yoga class, followed by lunch with a friend, topped off with an afternoon meditation class and a long brisk walk. You retire for the evening with a sensible, healthy dinner and a good book or movie.

Does this sound like a typical day for you? Probably not. It's easy to come up with a list of ways to de-stress: yoga, taking classes, exercise, quality time with friends and family, pursuing a favorite hobby. But how realistic is it to get all of that done in one day? Or even in one week?

Our lives are busy and our time is limited. Rather than try to do five or six "big" wellness activities in a day, consider the small things you can do for yourself throughout the day to help relieve stress. In the morning, consider "unplugging" for a bit: give yourself at least 15-20 minutes without a phone, tablet, or other electronic device. At work, make it a point to stand up from your desk and take a short walk – even if it's just around the office. Try to do this at least once an hour. Try some natural breathing – this can be done right at your desk or workstation, and only takes a few seconds! (See step by step instructions for natural breathing on the left.)

If you want to learn more about easy, practical ways to de-stress and recharge throughout your day, contact Ulliance and one of our Life Advisor Consultants would be happy to speak with you about how the EAP can help you find peace in a stressful world.