



# WHAT CAN I DO WHEN I FEEL STRESSED?

When you experience stress, your sympathetic nervous system is activated: you might experience some of the symptoms listed in the infographic "stress and my body". We can learn how to **reduce this activation** by using a simple technique: **ABDOMINAL BREATHING**

## HOW?

Place one hand on your chest and one on your belly. Now imagine a flow of air entering through your nose, inflating your belly like a **balloon** and then going out through your mouth, thanks to the contraction of your abdominals..

Try to keep your **exhalation longer** than your inhalation. This will help the activation of your parasympathetic system, and thus the reduction of certain hormones, such as cortisol, the famous stress hormone.

### Is it difficult? Don't worry!

All it takes is a little **training**. We are often used to breath with our chest and not with our belly. Practise this type of breathing **daily**, it only takes **5 minutes** a day for our body to memorise it, we can then use it in times of greatest stress, when we feel we are losing control.

### A word of advice

You can also use this type of breathing at night before going to sleep if you think you might have difficulty falling asleep.

