

# Four practical tips to deal with mental stress

Time pressure, excessive demands and frustration – everyday life can be stressful. The consequence: The body prepares for flight and fight. Stress hormones such as adrenaline, noradrenaline and cortisol are released. Blood pressure and pulse rate increase, breathing becomes faster and muscles tense.

One way out of this are methods that consistently have the opposite effect: Slow breathing, focus and relaxation. Here are the tips:

## 1. Breathe deeply during acute stress phase

Do what Wim Hof does and take 3 deep breaths in the morning before you get up:

- Inhale deeply and exhale slowly 30 times
- Hold the air after exhaling for as long as possible
- Inhale and hold your breath

In a stressful situation you can breathe in and out deeply 3 times

Effects: Lowering of the blood pH value as well as of blood pressure and pulse rate

## 2. Relaxation exercises for everyday life

- Mindfulness exercises, meditation, yoga or autogenic training – get guidance and do your exercises regularly

Effect: Reduction of stress hormone release

## 3. Sports and exercise

- Outdoor sports in the fresh air, but also Tai-Chi, Qigong and Pilates reduce stress levels. Incidentally, singing is also an exercise comparable to exercise.

Effects: Lowering the blood pressure, promoting calmness

## 4. Cold adaptation

- Treading water, cold showers and ice baths train the body to be more resistant to stress

Effect: Strengthening of the immune system