

10 poses and movements that save from stress.

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The body specifically reacts to stress. It has points and places that are specially susceptible to its manifestations.

Knowing how this happens in the body and in the head can be controlled by this process and do so that the effect of stress is less painful.

In other words, when a person is in the stressful situation, his body reacts exactly the same way as the head. Hearing a threat or cry in your direction, we react emotionally - I'm worried, I'm afraid I'm angry, and in the body there are my reactions - compression of muscles, vessels, rapid breathing and heartbeat, etc. And all this is interconnected. And understanding how, i.e. Where in my body there is a voltage or discomfort due to the intense situation, I can affect it, facilitating my condition.

Today, I decided to stop at the 5 most frequent symptoms of stress, both chronic and sharp and give 10 movements and pose, performing that you can quickly feel better and calmer.

Headache

It is often occurred when stress and caused by excessive tension, spasm of vessels and / or muscles of the head or neck. Accordingly, which you need to relax.

1. Pose: I'm not, I'm in the house.

It is necessary to close the eyes and put the head on the hands folded in front of them. Let go of the neck and shoulders and breathe calmly.

This will help remove tension from the neck and relax the muscles that support your head. When the voltage decreases, the inflow of blood to the head will increase, which will contribute to the relaxation of muscles and blood vessels and a decrease in the symptom.

2. Movement: Mahi wings.

You should become directly and put the hands on the part, starting the movement from the shoulder to raise them up and get down, or make circular movements in your shoulders, with an accent back. To do it better, try to imagine that your hands are wings, long (hands straighten completely) or short (hands bent in the elbows) and move the way you take off or fly.

This movement will help to stir the neck and shoulders squeezed muscles, will strengthen the influx of blood and, accordingly, oxygen to the head. It will help to remove the tension.

Irritation

It is expressed by discontent, increased sensitivity to minimal stimuli, inability to restrain negative emotions. As well as the desire to nap, wrap, shout, make a comment, praise or laugh.

Requires emotion to outward, in order not to save inside.

3. Pose: Do not stand - attack!

Since irritation and associated negative emotions - anger, anger, offense, despair, etc., are very strong, then being a fixed with them to cope will be difficult. They need to give a way out, at least partially, so do not stand, go and periodically accept the pose of the attacker's bear - hands up and spread out, legs are also widespread and steadily, a little bent in the knees, the face - expresses readiness to attack. Keep seconds 5 and go again.

4. Movement: shocks and rack.

Without leaving the image of the bear, start waving the paws, i.e. Hands. Insert the strength in the blow and exhale at the same time. Apply them not only forward, but also with a side, as if knocking down something from the shelf, from the surface in front of you. When you get tired, come to the wall and touch your hands with the power, and the legs in the floor and then relax.

Anxiety and anxiety

Frequent stress satellites caused by the fact that your usual and calm atmosphere is broken, and the situation is potential danger. The body mobilizes and is looking for protection. Therefore, it is necessary to calm down and regain a sense of security.

5. Pose: Hug.

It can be done standing or lying and hug a pillow, for example, or a big toy, and also grab yourself, ideally someone from loved ones. And so linger for a couple of minutes, closing the eye and restoring deep breathing. This posture gives a feeling of peace and security.

6. Movement: wet legs and rest.

Start over the legs on the leg, preferably barefoot and tightly pressing the feet to the floor, you can also slightly squat and remove with two legs in the floor. At the same time try to evenly breathe the stomach. This movement will help you to ground and switch attention from the head into the body, which will bring more calm.

Spin discomfort

It occurs as a result of long-term stress and as a result, muscle spasm, which in turn limits the mobility of one or another area of the back, causing discomfort.

7. Pose: To lie on the floor on the back or lean on the chair.

The main thing is to relax your back muscles, therefore it is necessary to take a pose in which it will be possible and a little rest. This will help if the problem is not constant. And if so, it will require a larger amount of exercise and on an ongoing basis, because getting rid of chronic muscle tension is much more difficult.

8. Movement - arc down.

Put the legs on the width of the shoulder, feet slightly inward, bend a little knees and lean down. Touch your fingers slightly to hold the balance and relax the neck and shoulders, breathe deeply. Hold in this position for seconds 30-40.

Numbness of limbs

It occurs due to the centralization of blood circulation, when all the blood sticks to the vital organs - the heart and the brain. This is a specific reaction to acute stress. It may also be due to chronic muscle tension, sits in a cramped position and as a result, blood flow disorders to the limbs.

9. Find: asterisk

Sit on the chair or lie, while do not cross the hands and legs like an asterisk. Try to relax and breathe deeply. At the same time, you can compress the fists and feet or make circular movements by them, reinforcing blood flow. Not effective in acute stressful situation. In this case, walking or shaking will help.

10. Movement: shaking.

Become and take a stable pose, putting a widespread leg and bent them in the knees. Start shaking hands and increase the amplitude gradually. Then go from foot to foot and shake each foot in turn. If you wish, turn on the stages in the shake of the thigh, the ass, the stomach and shoulders, as well as the head. Do not forget to breathe well. Do it carefully, especially for the first time to dramatically do not pull the neck, for example, and there was no pinching. This is a very pleasant and useful exercise that improves blood flow, energy and good mood. And bad mood and negative emotions shake out at the same time.

So we obtained 10 exercises and poses, any of which can be adapted to perform and at work and at home. I highly recommend including music for this and, if possible, adapt to rhythm. During execution, also try to turn off your head and do not think about anything. And let the stress in your life will be only positive.