Magellan HEALTHCARE®

December is National Stress-Free Family Holidays Month

Deep breathing to relieve stress

Your breath is a powerful tool to ease stress and make you feel less anxious. Deep breathing sends a message to your brain to calm down and relax. Breathing exercises can make a big difference when you do them regularly.

Before you get started, keep these tips in mind:

- Choose a comfortable place to do your breathing exercise.
- Take your time, and don't force it because that can make you feel more stressed.
- Create a routine and try to practice once or twice a day.

Ready to get started? Scan the QR code to complete a brief video with three breathing exercises to help you relax. Deep breathing is one of the best ways to lower stress in the body.

Visit your member website for more information.

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