

# STRESS MANAGEMENT

## Through meditation and meditation through breath control

Long considered as a practice exclusively for monks and hippies, meditation is now adopted by the presidents and CEOs of many companies, world leaders and professional athletes. Why is meditation so mainstream? Because those who meditate report very positive changes in terms of their mental, physical and emotional health.

The most recognized benefit of meditation is **stress relief**. Those who meditate describe significant decreases in anxiety, reduced risk of losing their composure and control cope with stressful situations. Eliminate stress not only leads to mental peace, but also contributes to your happiness as the production of serotonin (the happiness hormone ) increases.

### What is meditation?

Meditation is simply the art of not thinking or not thinking about anything. Science has proven that emptying our mind systematically and regularly in this way changes the chemistry of our thoughts and little by little our resistances to stress increases, our thoughts become more positive and our ways of seeing life changes.

### Breathing

Why breathing?

It's very simple. Respiration is a function of our body that is both voluntary and involuntary. Involuntary such as heart rate or digestion (it just happens), voluntary since we can block or speed up / slow breathing. However, the reaction of stress or anxiety is largely an involuntary reaction, triggered by our subconscious. There is not usually a real threat to our survival, but the old reflexes take over and we begin to unconsciously tense and we stress.

If we take control of our breathing, firstly we will neutralize some survival reflexes (rapid breathing to prepare to fight or flee) and secondly we will communicate to our subconscious that we control the situation.

Breathing is therefore a door to communicate with our subconscious. This is where also lies its meditative value because to focus on breathing is the easiest way to empty our minds and therefore is also the beginning of meditation.