

Help! I'm Overwhelmed!

By Clare Jaques

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Are you tired all the time, like you're running on empty?
Do you feel like there just aren't enough hours in the day?
Can you still recognise yourself when you look in the mirror, or are you a pale shadow of your former self?
Maybe you're juggling running a home, looking after a family and keeping your career afloat?
So what can you do to get out of this rut?

Well, that's the good news!

Although we can't change other people, we can change ourselves. And the tiniest changes we make in ourselves have the most amazing effect on our lives and the people we love.
So maybe you're thinking, "But where do I find the time to change? I'm already drowning!"
Well, let's start with breathing. Yes, breathing: something we all have to do. All day. Remember what we said about the tiniest changes having a profound effect? Prepare to be amazed!

Take a moment to turn your attention to your breathing. Focus your attention on your inhale.
Where in your body do you breathe in?
Around your throat area?
Around your upper chest?
From your stomach?
Ever noticed how a baby breathes? From their diaphragm - their stomach area. Yet when we're tense & stressed, our breathing moves up to our upper chest and becomes very shallow. We're hardly using our lungs at all and we're starving our bodies of oxygen.

Can you imagine how good it would feel to be able to breathe as relaxed and effectively as a baby?

By breathing from your diaphragm, you're massaging your internal organs, getting more oxygen into your bloodstream and releasing huge amounts of tension. Imagine being able to cut your stress levels, just by breathing?

Want to know how to do it?

There are 5 simple steps:

1. Find your diaphragm

Find the bottom of your ribcage (front) and work across to the mid-point between the 2 sides of your ribcage - a few inches above your belly button. If you press gently, it might feel a little tender. That's your diaphragm.

2. Sit up straight and relax the muscles in your shoulders, neck and abdomen.
3. Put your hand over your diaphragm spot (from step 1). As you breathe in, you will see you are pushing your hand out.
4. As you breathe out, your hand will move back towards your body.
(Note: most of us are conditioned to do this the other way round!)
5. Practise this, so that whenever you notice you are starting to feel tense or overwhelmed, you can move your breathing down to your diaphragm and breathe in gentle relaxation.

You'll be amazed at how much this feeling of relaxed, gentle breathing helps you focus and quietens that sense of stress.

Want to know more?

Visit <http://www.haremos.com> to download more free exercises, find out about our training courses or sign up for 1:1 personal coaching.

Let me know how your new breathing starts to change your life. I look forward to hearing from you.

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More tips next time!

Clare Jaques, NLP Trainer, Performance Coach & Hypnotherapist

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