

April 11, 2010

HEALTH NOTE

Spring is here, and I would suggest spending a few minutes outside every day, catch some vitamin D, and get closer to God by taking in His wonderful creations; maybe even meditate and concentrate on your breathing to aid in stress reduction while you're at it.

Here is a relaxation technique that can improve your health, energy, and reduce stress. This is particularly helpful for people with ADD, anger, anxiety and panic disorders, chronic fatigue, chronic pain, depression, diabetes, digestive disorders, hypertension and sleep disorders. Did I leave anyone out? Practicing this technique interrupts the stress response and synchronizes your body's systems.

- 1. Focus your attention in the area around your heart. You can place your hand over your heart to help. Close your eyes.**
- 2. Take slow, deep breaths, imagining you are breathing through your hand and into your heart**
- 3. Continue to breathe "through your heart" and find a positive feeling: an appreciation for someone, or a time when you experienced a special feeling. It could be a pet, a special place in nature, or an activity that was fun. Once you have found a positive feeling- sustain it while continuing heart focus, heart breathing and heart feeling.**

May I suggest using your new meditation/ outdoor enjoyment exercise at this location:
<http://canaaninthedesert.com/>

Katie Dobson, Faith Community Nurse

HeartMath LLC