



Healthy Habits

Healthy Habit #3

Reduce Stress:

Stress has been shown to negatively influence every single component of your entire body, from inflammation to chronic diseases. It is possible to learn to live with less stress in your life. Programs which include mind-body training can help us learn to recognize when we are experiencing undue mental pressure and teach us methods of reducing tension, thus decreasing the risk of stress-related health issues.

Yoga for Stress Reduction

According to an article from the [Mayo Clinic](#), Yoga is considered one of many types of complementary and integrative medicine approaches. Yoga brings together physical and mental disciplines that may help you achieve peacefulness of body and mind. This can help you relax and manage stress and anxiety. A number of studies have shown that yoga may help reduce stress and anxiety. Yoga can enhance your mood and overall sense of well-being. Yoga might also help you manage your symptoms of depression and anxiety that are due to difficult situations.



The core components of most general yoga classes are:

Poses

Yoga poses, also called postures, are a series of movements designed to increase strength and flexibility. Poses range from simple to difficult. In a simple post, you might lie on the floor while completely relaxed. A difficult posture may have you stretching your physical limits.

Breathing

Controlling your breathing is an important part of yoga. Yoga teaches that controlling your breathing can help you control your body and quiet your mind.

Meditation or relaxation

In yoga, you may incorporate meditation or relaxation. Meditation may help you learn to be more mindful and aware of the present moment without judgment.

Tai Chi for Stress Reduction

Another article from the [Mayo Clinic](#) recommends tai chi (TIE-CHEE) as a mindfulness practice.

Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

Tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

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