

Health & Wellness Tip of the Week

Week 12 March 19, 2018

Our mission is to promote health awareness and encourage healthy lifestyles.



BlueCross BlueShield
of Texas

Take wellness to heart

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Too Stressed to Sleep? Breathe!

You can't turn off your busy mind. Your muscles are seriously tense. Your heart is racing. Another night of being too stressed to sleep is ahead.

If you can't fall asleep, the National Sleep Foundation says to use this breathing exercise to calm your mind and body.

- Close your eyes and turn your attention to your natural breathing pattern.
- Feel the air enter and leave your nose or mouth. Feel the air as it passes through your mouth, airways, down into your belly, and back out again.
- Sense any tension, and when you breathe out, feel the tension leave that part of your body.
- Feel your breath reaching your forehead, your neck, your shoulders, your arms... and then releasing the tension as you exhale.
- If your mind wanders, let it go and redirect your attention back to your breathing.
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Source: National Sleep Foundation

**Human Resources Department
1201 E. 8th Street
Mission, Texas 78572**

