

Do Nothing for 15 Minutes Each Day

The health and well-being of humans is becoming important to prevent disease pathology. Researchers agree there are three things which determine every pathological process that occurs in humans, genetics, psychological status, and Social environment. Human behavioral genetics seeks to understand what genetics and environmental effects have on individual variations in behavior. This goes hand in hand with social environment in determining how the environment shapes our thoughts and actions.

The psychological status, which is stress, is the worst that can happen to any individual and is the main cause of most of the serious diseases plaguing the civilized world today (which can be prevented and/or reversed by reducing levels of stress). Fifteen minutes a day of doing nothing is all you need to relieve stress from your body.

How does stress affect my health?

Both long and short-term stress affects your body and health. Stress triggers changes in our bodies and not only can cause us to feel ill, but it will enhance the health problems we already deal with. Here are some daily problems we suffer from stress:

- Trouble sleeping
- Headaches and Migraines
- Constipation and/or Diarrhea
- Irritability
- Lack of energy and concentration
- Over-eating or Under-eating
- Anger and sadness
- Higher risk of asthma or arthritis flare-ups
- Tension
- Stomach cramping and bloating
- Skin problems
- Depression and anxiety
- Weight gain or loss
- Heart problems
- High blood pressure
- Irritable bowel syndrome
- Diabetes
- Neck and/or back pain
- Less sexual desire
- Difficulty conceiving

How can 15 minutes a day help reduce stress?

When you take the time and let your mind relax, 15 minutes can seem like an hour. In 15 minutes, you can unwind by sitting on the couch, with no TV or radio, sit out on your patio and listen to the birds or take a nice warm bath with

soothing music. By taking 15 minutes to yourself and only to yourself, you will notice a sense of calmness and serenity when stressful situations arise. Take a 15-minute walk around your block and this will not only help your heart and help you control your weight, but you will feel better about yourself. Even meeting with a friend or family member for brisk walks once a day will keep you motivated. Recreational methods of "relaxation" (such as over consumption of alcohol, smoking, overeating and using prescription and recreational drugs) will cause more stress in the future.

How can deep breathing reduce stress?

Deep breathing relaxes your mind and body and is very easy to do. You can perform this exercise anywhere and at anytime, especially when stress becomes overwhelming.

Here's how to do it:

- Lie down or sit straight up in a chair
- Rest your hands on your stomach
- Slowly count to four and inhale through your nose. Feel your stomach rise and hold the breath for a second.
- Slowly count to four while you exhale through your mouth. Purse your lips together, like you're going to whistle, so you don't exhale too quickly. Your stomach will slowly fall.
- Repeat 5 – 10 times.