

## The ins and outs of better breathing

Sometimes stress is an unavoidable part of our day. Fortunately, there are different methods we can use to help us deal with it in a healthful way. For some, listening to calming music, changing activities, or even taking a 5 minute walk can help ease a tense situation. For others, deep breathing can offer some solace. Give this a try the next time you're feeling the crunch of stress:

Try this [relaxation exercise](#) from breathing guru Andrew Weil, MD, best-selling author and clinical professor of medicine at the University of Arizona.

- Sit with your back straight.
- Place the tip of your tongue against the ridge just behind your front teeth.
- Exhale completely through your mouth, making a whoosh sound.
- Inhale quietly through your nose with your mouth closed to a mental count of four. Hold your breath for a count of seven.
- Exhale completely through your mouth, this time whooshing to a count of eight.
- Inhale again and repeat the exercise three times for a total of four breaths.