



**Relax.**

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RBH Staff Photo - Lost Creek, Montana

## Stress can damage your health and limit your happiness.

If you're like most people, then you're busy with work, family, and other daily demands. The following easy tip can help you live a more relaxed, less stressful life.

**BREATHE:** At least once a day, sit in a comfortable chair, and take 10 deep breaths. Count to 5 while you inhale, hold the breath for a second, and then exhale slowly, again counting to 5.

Relaxation through breathing is proven to reduce stress and improve health. Plus it's easy to do! You have to breathe anyway, so give yourself a break and take 10 deep breaths at least once a day.



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