

keep calm

# 60 second stress busters

Feeling frazzled or wound up? We have six easy ways to calm your mind and body in just one minute!

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**1 Take a minute**  
A lot can happen in a minute, according to Martin Boroson, author of *The One-Moment Master* (Rider, £6.99). Set aside one minute a day and you could help calm your mind, focus your concentration and boost your emotional and mental health by allowing your mind, body, heart and soul to get in tune.

**Try it now** Find a quiet place and sit on a hard-backed chair. Set an alarm for one minute. Place your legs in a relaxed position, feet on the floor, and sit up straight with your hands on your knees. Now close your eyes and concentrate only on your breathing – try doing deep, slow breaths. When the minute is up, return to whatever you were doing before. Practise this at least once a day.

**2 Let it all out**  
Follow Madonna's lead and have a good scream when things are getting too much. This is probably best done where other people can't hear you! 'I scream a lot,' says Madonna. 'Sometimes I handle stress well, sometimes I don't. I also take a deep breath or sometimes go for a fast run on a treadmill for half an hour to get out all of my aggression.'

**Try it now** Find a place where you can really exercise your lungs, such as a park, beach or open countryside, and let it all out. Make

sure there's no-one around or you might give them a fright! If you're at home, bury your face in a pillow before letting rip to avoid scaring the neighbours.

**3 Manage your anger**  
When you feel a surge of anger, it's hard to remember your usual way of looking at things, says Boroson. Try this technique next time you lose your cool.

**Try it now** Imagine a rodeo cowboy sitting on an angry bull. The cowboy's only task is to stay on – he's not pacifying the bull. This should be the same with your anger. Feel the energy that has been released and breathe with it. Trying to force an angry bull to calm down before he's ready will only make him angrier! Techniques such as counting to 10 often just delay the outburst, so don't treat anger as a bad thing you must resist. Remove yourself from the situation so you don't do or say anything you'll regret. Once you've settled down, you may even feel energised.

**4 Have a green cuppa**  
It's well known green tea has many health benefits, and despite containing a small amount of caffeine, it also calms the body. This is due to the amino acid L-theanine, which relaxes the body without making you sleepy by acting against the stimulatory effects of caffeine on the nervous system.



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May 2007