Just
BREATHE

Ever wonder why you your heart races when you're anxious? During stress, your body releases adrenaline, a hormone that temporarily causes your breathing, heart rate, and blood pressure to spike.[1] Too many of these stressful situations could raise your resting heart rate, which could lead to increased risk of cardiovascular disease.[2]

For those high-pressure situations, try these tips to calm down and help normalize your heart rate.

ABDOMINAL BREATHING

Breathing with your diaphragm instead of your chest allows oxygen to go deep into your lungs. You'll know you're doing this correctly when your belly moves more than your chest.

1. Place one hand on your belly and the other hand on your chest.

2. Make sure you are sitting upright with good posture.

3. Breathe in through your nose for four counts.

4. Hold for one count.

5. Slowly release the air through pursed lips for four counts.

6. Repeat for 10 breaths.

TENSING & RELAXING BREATHING

Contracting your muscles distracts the mind from unwanted stressors. This technique should help decrease anxiety through interval relaxation.[3]

Close your eyes, tense the muscles in your body, start at top of your head, and finish at your toes.

Take a slow, deep breath through your nose and hold it for four seconds.

Exhale through your mouth while slowly releasing all of the muscles in your body.

Repeat for 10 breaths

Fitbit offers wrist-based heart tracking with PurePulse technology.
Learn more at fitbit.com/purepulse.

1 American Heart Association. "Stress and Heart Health." June 2014.
2 Livestrong. "What Causes a Fast Resting Heart Rate?" April 2015.
3. Fitbit Blog. "Get Calm in Seconds with These Breathing Tricks." August 2015.

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