

# Feel more relaxed with exercise

Wondering what the best way is to deal with stress?  
Why not try exercise! It helps to rebalance your stress hormones.

## **Yoga – a classic technique for combating stress**

Yoga exercises not only strengthen and stretch your muscles, you also practise self-control. It helps you find inner peace and recharge your batteries. There are many different types which focus on different things – from physical exercises and breathing techniques to meditation.

## **Feel more relaxed with progressive muscle relaxation**

When we feel stressed, our body tenses up. To loosen the muscles, there is a technique that selectively tenses and releases the deep muscles in order to slowly relax them. This lowers your blood pressure, reduces your pulse rate and intestinal activity and calms your breathing.

## **Reduce stress with martial arts**

Martial arts can be a targeted method for reducing stress as it strengthens your self-confidence, self-image and self-control. This can also help you deal more calmly with the challenges you face in your everyday life. There are different types of martial arts, including karate, taekwondo and boxing.

## **Get moving as part of your daily routine**

Whether it's gardening, washing the car, going for a regular walk, taking the stairs instead of the lift, or other everyday activities that get you moving – they can all help you to feel more relaxed. It's important that you enjoy the activity and that it doesn't trigger even more stress – that's the key to boosting your sense of well-being.

Find the right  
relaxation course  
for you:  
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