

Simple Qi Gong

This simple practice is a very common practice that pretty much all styles of qi gong, kung fu, tai chi and even some meditations schools. You can do this practice anywhere, anytime.

This can be a warm up, cool down, or just a thing you can do when you are bored. It is also very useful for calming down during a stressful situation. Stress causes qi flow to weaken, it is a qi flow killer, and literally it is the cause of many of our untimely deaths. It will hamper any progress you hope to achieve in internal qi training. So, it is important to learn how to remain calm in almost any situation.

Stress *may* allow us to finish work more quickly, but the side effects are very harmful. It weakens our immune system which makes us more susceptible to illnesses such as high blood pressure, ulcers, poor sleep, irritability, and may even distance us from the ones we love. Health, of mind and body, is in a delicate balance and easy to maintain with simple changes to your habits. Everything is a habit, and the brain can be rewired. Be diligent and the positive changes will happen.

Here are some good ideas to reduce stress:

1. Take a few minute break when stress starts to build up and focus on your breath. Make this a daily habit.
2. Put daily annoyances in perspective. Be careful not to take things personally.
3. Get enough sleep. You should sleep at least 8 hours a day.

Here is an exercise you and your employees can do together to reduce stress and relax.

1. Inhale and bring your hands up, palms up, in front to about eye level.
 2. Exhale and bring your hands down, palms down, in front.
- Repeat 3 times or more.

You can do this sitting or standing. Either way, it is very relaxing.

