

Take the edge off with yoga

If you have atrial fibrillation, you may know that stress is a common culprit for triggering an episode. And while you can't always avoid mental, emotional and job-related strain, there is a lot you can do to tame tension! In addition to treatment, calming exercises like gentle yoga breathing exercises can lower blood pressure and heart rate, as well as reduce the number of episodes and anxiety in people with AFib, according to a study in the *Journal of the American College of Cardiology*. If your doctor agrees, why not see if this yoga exercise can help you?

Steady your heart rate and calm your mind with this box-breathing exercise

First, sit upright in a chair with feet flat on the floor, resting your hands on your lap with palms faced up. Focus on your breathing pattern, then ...

1. Slowly exhale through your mouth for a count of four, trying to get all the air out of your lungs.
2. Take in a slow, deep breath through your nose for a count of four.
3. Hold your breath for a slow count of four.
4. Exhale through your mouth for a count of four.
5. Repeat two to three times. 🧘

