

DMITRIY CHULKIN



MARTIAL ART OF CALMNESS

7 methods of dealing with stress

Dmitriy Chulkin

**Martial art of calmness.
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The book briefly gives methods of dealing with stress, based on the practice of martial arts. To master and apply at least some of them worths nothing, and the result will be noticeable in the first week. A person who has found strength for all seven will become impenetrable for stresses, like a Japanese samurai.

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Introduction

Even the strongest and most successful people sometimes begin to fail due to the fact that stress accumulates too much, and it is too long to the next vacation.



Photo: [Asdrubal luna \(@infectedluna\)](#)

In this article, I present several methods of dealing with stress based on my many years of martial arts practice. To master and apply at least some of them worths nothing, and the result will be noticeable in the first week, or even earlier. A person who has found strength for all seven will become impenetrable for stresses, like a Japanese samurai.



Photo: [Ismael Abelleira @ismaelab](#)

Conscious breathing

Learn to breathe properly. Close your eyes and think about how you breathe. Watch your breath with interest for about five minutes, note what happens to it in these five minutes.

Surely the breathing evened out and became deeper, it became calmer in the soul. Now you can repeat the observation, but inhale with your nose and exhale with your mouth. Try to breathe with your belly. Train yourself to do this simple exercise at least five times a day. It is especially useful to remember about breathing in those moments when everything around and inside boils and boils.



Photo: [Ryan Moreno@ryanmoreno](mailto:RyanMoreno@ryanmoreno)

Meditation

Learn to meditate. Best under the guidance of a teacher. But if you can not wait to try, and the teacher is not there, then here is one of the options how to do it.

Конец ознакомительного фрагмента.

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