

Breathe

Do better. Be better. Live better.

ALTERNATE NOSTRIL BREATHING

- ❖ Brings about calm, energizes and unites the left and right sides of brain
- ❖ Hold the right thumb over right nostril
- ❖ Inhale deeply through left nostril
- ❖ At the peak of inhalation, close the left nostril with the ring finger, then exhale through the right nostril
- ❖ Continue the pattern, switching between the two fingers, closing off the right then the left
- ❖ Can also do one or the other, breathe through right for energy, left for calming
- ❖ Best to use to increase energy and focus

QUICK CALM

- ❖ Take a slow deep breath
- ❖ Hold for the count of 4 and think "I am warm"
- ❖ Exhale while thinking "I am calm"
- ❖ Best to use when you need to quickly calm down before or after a presentation, difficult meeting, taking a test, or needing to bring anxiety levels down quickly

BREATHING TECHNIQUE (4-7-8) FOR STRESS RELIEF

- ❖ Place the tip of your tongue so that it's touching the roof of your mouth
- ❖ Close your mouth and inhale through your nose for 4 counts
- ❖ Once you've reached the peak of inhalation, hold your breath for 7 counts
- ❖ Exhale completely for 8 count