



Breathing Exercises

Breathing is something we do automatically, but it has incredible benefits for our health and happiness.

Most of us breathe too quickly and shallowly, which can lead to stress and anxiety. That's where breathwork comes in. It's a simple practice of controlling your breath to feel better.

Ideally, we should take 12 to 20 breaths per minute. But slowing it down to five to seven breaths per minute can do wonders, lowering blood pressure, calming our heart rate, and lifting our mood.

Breathing slowly can also help with chronic pain, stress, and feeling down. When we're anxious, we tend to breathe fast from our chest, which makes us even more stressed. Slowing down our breathing tells our body to relax, helping us stay in the moment and feel more aware of ourselves.

Some studies even show that combining breathing exercises with mindfulness can be as helpful as taking medicine for anxiety.

Try out the three breathing exercises on the following page to see which one works best for you:



1. **4-4-8 Breathing:** Inhale for four counts, hold for four counts, and exhale for eight counts. This technique helps to slow the heart rate and reduce blood pressure, promoting relaxation and calmness.
2. **Alternate Nostril Breathing:** Close one nostril and breathe in through the other for a count of four, then switch and exhale through the opposite nostril. This practice improves focus and balances the nervous system.
3. **Box Breathing:** Inhale for four counts, hold for four counts, exhale for four counts, and hold for four counts. This technique, favoured by the US Navy SEALs, enhances cognitive focus and steadies the breath.

Incorporating these simple breathing exercises into your daily routine can massively affect your overall well-being.

Whether you're seeking relief from stress and anxiety or simply looking to boost your focus and energy levels, the power of breath is within your reach.

Take a moment to breathe deeply and experience the transformative benefits for yourself.