

8 WAYS TO USE YOUR BREATH TO REDUCE YOUR STRESS

- 1. Mindful Breathing** – Pay attention to your breath for two minutes without trying to change anything. Just notice breath.
- 2. Extend your Exhales** – Breathe out few seconds longer than breathe in. Imagine gently squeezing more breath out of lungs.
- 3. Balance your Breath** – Breathe in for the same amount of time as you breathe out. Do this for a few minutes.
- 4. Move your Breath** – Imagine a connection between your head and heart and move your breath along that pathway. Breathe in to head and breathe out to heart for a few minutes.
- 5. Coherent Breathing** – Breathe in for the count of 5 and out for the count of 5. This is a rate of about six breaths per minute.
- 6. Ujjayi Breathing** – Inhale thru nose, exhale thru mostly closed mouth/teeth making ‘HHHHAAAA’ sound of ocean.
- 7. Heart Breathing** – Imagine your heart has nose of its own and as you breathe in/out, breathe through your heart. Helps to place your hand gently on your heart.
- 8. Square Breath/Tactical** –4 count for in-breath, 4 count hold, 4 count out-breath, 4 count pause, repeat.