

TIME to RELAX & FOCUS *just* BREATHE

WHY BREATHING TECHNIQUES are so important?

We all have those days where we run around trying to “get things done” and hardly have time to “catch our breath.” There is a reason why we use this phrase. While we may not be running fast, we all have stressors that keep us on our toes. The more stressed we are, the more we tend to breathe through our chest rather than through the belly. This can cause a lower oxygen supply in our bodies and result in having less energy. These are also times when our stress level starts to feel like “too much” and we have trouble focusing. With simple exercises we can improve our breathing techniques to gain more energy, focus, calmness and well-being!

Deep Breathing Exercise

Candle and Flower

1. Start by making a fist out of the left hand (imagine you are holding a flower)
2. Form a fist with the right hand as well (like you are clutching a candle)
3. Inhale deeply as you “sniff” the flower in your left hand
4. Slowly “blow” out the candle in your right hand
5. Repeat, deeply inhaling and then exhaling

Focus on your breathing as you do this exercise. Fill your lungs and let your mind wander!

Breathing exercises:

Blowing a Pinwheel

1. Take a deep breath sticking your stomach out (slow and deep)
2. Hold your breath for 2 seconds
3. Release the breath slowly
4. Repeat 3 times

Bunny Breath

1. Take 3 quick sniffs through the nose
2. Followed by one long exhale out the nose
3. Repeat 3-5 times

Hissing Breath

1. Breathe through the nose (long deep inhale)
2. Breathe out through the mouth making a “hissing” sound (slow and long)
3. Repeat 3-5 times

These are all great techniques to relax, slow down and enhance focus as well as concentration!

