

Breathing Practice: Navigating Stress

ONE IS GOOD, THREE IS GREAT, FIVE IS FABULOUS

Feel the cool air rushing across your nostrils as you inhale deeply. Remember that your lungs operate like bellows, you want to breathe deeply, drawing your diaphragm down, allowing your belly to expand as if it were filling with air.

Once you have filled your lungs/belly to capacity, pause, and then exhale, pressing your belly button back toward your spine, feeling the warm air rushing out across your nostrils. After completely emptying your lungs, pause a moment, then repeat for at least 5 rounds.

One deep breath is good, three is great, five deep breaths fully activates your parasympathetic (rest & digest) nervous system and takes you out of the stress response.



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DAILY PRACTICE:

Taking five deep breaths is an excellent practice first thing in the morning, at the end of your active day, and throughout the day when needed. Remember with this practice you teach your physiology how to negate the stress response, AND you are clearing any stagnant air from the bottom of your lungs.

IN THE STRESS RESPONSE:

The moment you feel the stress response - tightness in your jaw, your shoulders, upper chest and/or abdomen, just breathe.

- One deep breath activates the parasympathetic (rest & digest) nervous system
- Three deep breaths helps you to hold onto yourself, stay present
- Five deep breaths helps you to negate the fight/flight response (sympathetic nervous system)

Use one of these mindfulness apps to lead you in a moment of guided mindfulness - as a daily practice, or in a moment of stress.

- Buddify
- Calm
- Headspace
- Mindfulness App
- Omvana

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