

## 5 DEEP BREATHS

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.

## Healthy Lifestyle. Healthy Community.



Effective  
Stress Management  
& Emotional Balance



Clean Food & Nutrition



Exercise, Movement  
& Quality Sleep



Helping Self,  
Helping Others

## BENEFITS OF BREATHING

Deep breathing takes you out of the stress response by lowering the heart rate, blood pressure, and the amount of cortisol released into your system, which can (overtime) lead to a suppressed immune system, weakened bones, memory loss, as well as sleep and digestive problems.



North Ottawa  
Wellness Foundation

A council of community partners dedicated to facilitating sustainable wellness for our community.



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Facilitating physical, mental and emotional wellness in Northwest Ottawa County through research-based strategies to increase vitality and life balance while decreasing stress and inflammation in the bodies and minds of local residents.

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