

Quick-Start Guide – Deep Breathing for Post-Workout Stress Relief

Reclaim Your Calm – Why Deep Breathing Works

- Tired of post-workout stress? Deep breathing helps you:
 - Melt away anxiety and tension
 - Activate your body's natural relaxation response
 - Improve focus and mental clarity

5 Simple Breathing Techniques

1. Diaphragmatic Breathing (Belly Breathing)

- Quick Description: The foundation of relaxation. Calms your nervous system.
- Steps: (Simplified)
 - Lie down, hand on belly.
 - Inhale deeply, belly expands.
 - Exhale slowly, belly falls.
 - Repeat.

2. Box Breathing

- Quick Description: Calms anxiety and improves focus fast.
- Steps: (Simplified)
 - Inhale (4 counts)
 - Hold (4 counts)
 - Exhale (4 counts)
 - Hold (4 counts)
 - Repeat.

3. Alternate Nostril Breathing

- Quick Description: Balances energy and reduces stress.
- Steps: (Simplified)
 - Close right nostril, inhale left.
 - Close left, exhale right.

- Inhale right.
- Close right, exhale left.
- Repeat.

4. **Progressive Muscle Relaxation (PMR)**

- Quick Description: Releases muscle tension and lowers anxiety.
- Steps: (Simplified)
 - Tense a muscle group (e.g., fist) as you inhale.
 - Release tension as you exhale.
 - Repeat for all muscle groups.

5. **Lion's Breath**

- Quick Description: Releases tension in the face and jaw.
- Steps: (Simplified)
 - Kneel, hands on knees.
 - Inhale deeply.
 - Open mouth, stick out tongue, exhale “ha!”

Your Post-Workout Calm Plan

Ready to build your personalized stress-relief routine?

Use this simple checklist after every workout

An example as below

- ☐ 1. Cool-Down (1-2 Minutes)
- ☐ 2. Diaphragmatic Breathing (3 Minutes)
- ☐ Focus: Slow, deep breaths expanding your belly.
- ☐ Feel: Gentle relaxation washing over you.