

# **Unlock Your Well-being – A Quick Guide to Breathing Exercises**

## **The Power of Breath – Quick Reminders**

Benefits of Breathing Exercises:

Reduces stress and anxiety

Improves sleep quality

Boosts energy levels

Enhances focus and mental clarity

Supports overall well-being

How Breathing Works:

Activates the parasympathetic nervous system (your relaxation response)

Lowers cortisol levels (the stress hormone)

Increases oxygen flow to the brain

Improves heart rate variability (a measure of stress resilience)

Promotes a sense of calm and presence

## **5 Essential Breathing Exercises**

Diaphragmatic Breathing (Belly Breathing):

Lie down and expand your belly. Repeat for a few minutes.

4-7-8 Breathing:

Touch your tongue and breath using the formula.

Box Breathing:

Breathe and hold for 4 in each step, then repeat.

Alternate Nostril Breathing:

Hold your nose to the sides and slowly breathe!

Progressive Muscle Relaxation (PMR) with Breathing:

Tense and release every muscle.

## **Creating Your Daily Breathing Routine**

When to Practice:

Morning, to energize your day

During breaks, to reduce stress

Before bed, to promote sleep

How Often:

Aim for 5-10 minutes per session, several times a day

Tips for Success:

Find a quiet space

Set a reminder

Be patient and consistent

Ready to unlock a healthier and happier you?

Start practicing these simple breathing exercises today and experience the transformative power of your breath!