

Breathing Techniques

calm anxiety, reset the nervous system, and aid with sleep, stress, and cravings

The modern lifestyle of always being “on” has caused disruptions to our natural state and can cause an array of issues, from sleep disruptions to digestion, clear thinking, panic attacks, depression, anxiety, and more

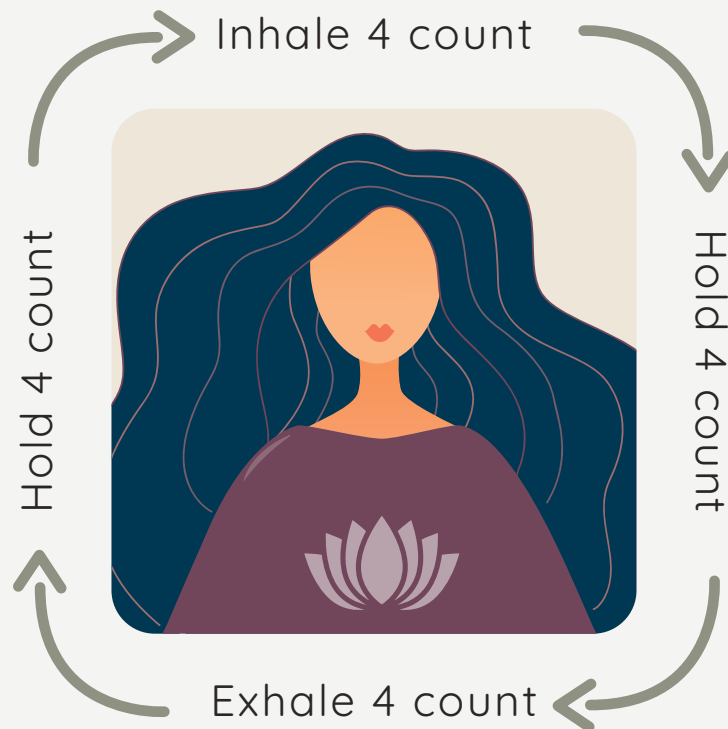
Regaining control of our nervous systems through the practice of slower, intentional breathing helps our overall wellbeing physically, mentally, emotionally, and spiritually. These techniques, when practiced regularly, will help you reach a state of tranquility, our most natural state.

If you're a chronic over-thinker, or struggle with turning down the dial and want to find a way to improve your ability to relax then experimenting with these simple but powerful breathing techniques can have a huge impact on your life.

Experiment with each technique and find the one's that feel good to you.

BOX BREATHING

GROUNDING | CALM | FOCUS | ANXIETY



Repeat 4-10 times

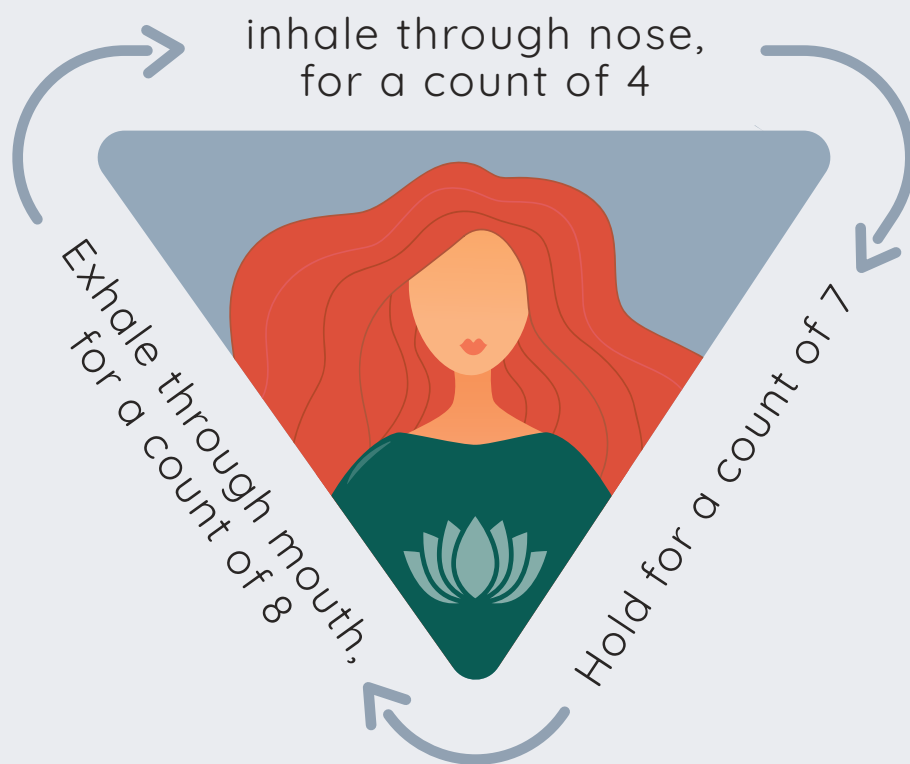
BOX BREATHING is a technique developed by the Navy Seals and is used to combat stress and anxiety and induce a state of calm in the body.

When you become anxious, your brain launches into fight, flight or freeze mode. This can produce increased heart rate, shallow breathing, and inability to think and react clearly and quickly. Box breathing is a quick way to

regulate your physical body while calming your mind, and you can feel results within minutes.

4-7-8 BREATHING

ANXIETY | DEPRESSION | STRESS MANAGEMENT



Repeat - four cycles

4-7-8 breathing activates your parasympathetic nervous system, which is responsible for relaxation. Implementing a regular practice can help combat overwhelm, fatigue, anxiety, and other symptoms related to stress.

For quick results it is recommended to practice twice daily. Within a few minutes, this breathing technique will help activate your parasympathetic response and slow down your heart rate while lowering your blood pressures.

Use 4-7-8 breathing in any situation, even before bedtime to help improve sleep. Begin with four cycles then increase to maximum of 8 cycles at your comfort level.

4-8 BREATHING

ANXIETY | DEPRESSION | STRESS MANAGEMENT | SLEEP

Inhale to a count of 4
- through the nose



Exhale to a count of 8 -
through the nose

Repeat for 10 cycles

Stimulate your vagus nerve, the “chill hormone.” With longer exhalations than inhalations, feel lower levels of stress, slow down your heart rate and improve your

ability to think clearly. 4-8 breathing is a great technique for training yourself to control your breathing, especially in the midst of chaos or perceived stress.

Activating the vagus nerve helps switch off the inflammatory hormone cortisol and release calming chemicals into your system.

NOSTRIL BREATHING

LEFT NOSTRIL BREATHING

INSOMNIA | ANXIETY | CRAVINGS

- Gently press down on the right nostril with your thumb
- Fully inhale through left nostril
- Fully exhale through left nostril
- Repeat 4 - 16 cycles, Use as often as desired
- Use slow, even, deep breaths in and out, inhaling fully before exhaling and exhaling fully before inhaling again.



ALTERNATE NOSTRIL BREATHING

ENERGY | FOCUS | GROUNDING

- Press down on right nostril with your thumb
- Inhale through left nostril
- Release right nostril, press down on left nostril
- Exhale through right nostril
- Repeat for 3-11 minutes daily, anytime of day, or multiple times per day
- Use slow, even, deep breaths in and out

Calms the nervous system and reduces stress and anxiety. Helps prepare the body for sleep. Balances the nervous system.

Right nostril breathing helps with logical thinking and decision making, warming up the body, and speeding up digestion. Left nostril breathing is deeply connected to the

parasympathetic nervous system, which helps cool the body, lower blood pressure, and reduce anxiety.