

3 STEP

DEEP BREATHING 5-5-7

It's amazing how often we forget to breath, especially when experiencing anxiety or stress. This deep breathing exercise can be done anytime, anywhere and only takes a few minutes. I encourage you to incorporate into your daily routine and create a new habit. While doing this exercise note where you feel the stress in your body. This is a great tool to regain calm or set the tone for a positive day ahead.

STEP ONE

Sit in a comfortable, relaxed position. straighten spine (posture is important so a straight back chair allows for greater chest expansion). Rest your feet on the floor with arms relaxed in lap, shoulders back and chin up. Eyes open or closed - it's completely up to you!

STEP TWO

Exhale out and take a deep breath in for a slow count of 5 seconds. Hold for a 5 second count, then exhale deeply for a slow 7 second count. Blow out and release all built up stresses on your exhale.

STEP THREE

Repeat Step 2 above two or three more times. On the last exhale, remember to release and let go of anything heavy, weighing you down. Open your eyes slowly and do some light stretching. Take your time being present.

** If holding for a count of 5-5-7 is difficult, adjust to a more comfortable count.

Deep breathing...

- Improves digestion
- Relaxes your mind & body
- Brings down the vibration when feeling anxious
- Is good for posture
- Relieves tension
- Clears the mind
- Increases energy

Don't forget to breath!