



Breathing Exercise – 5-5-7

It's amazing how often we forget to breath, however it is vital for our health and well-being. This deep breathing exercise can be done anytime, anywhere and only takes a few minutes.

It is particularly useful when you feel anxiety or stress, however I would encourage you to take a few minutes daily to indulge in some deep breathing. It is a great way to start the day and can set the tone for a positive day ahead. While breathing, also take notice of whether you physically feel the stress in your body and where you feel it. It is all about awareness.

Step 1 – Sit comfortably, straighten your spine (posture is very important) and rest your feet on the floor. Arms relaxed in your lap, shoulders should be back to open your chest, but relaxed and chin up. You can close your eyes, or leave them open, it is completely up to you.

Step 2 – Exhale out and take a deep slow breath in - counting to 5. Hold for a count of 5 and exhale slowly for a count of 7 – blowing out as you exhale. Sitting in a chair vs. the floor works well for this exercise because it allows you to straighten your posture easier.

Step 3 – Repeat Step 2 two to three more times. On the last exhale, let go of anything weighing you down or on your mind and release with your exhale. Open your eyes slowly and do some light stretching.

**** If holding for counts of 5-5-7 is difficult, reduce to 4-4-6**

Deep breathing...

- Improves digestion
- Relaxes your mind and body
- Stimulates the lymphatic system
- Is good for your posture
- Improves blood flow
- Increases energy level

Don't forget to breath!