



Breathing Exercise – 5-5-7

It's amazing how often we forget to really breath, especially when we are feeling anxious or stressed! This deep breathing exercise can be done anytime, anywhere and only takes a few minutes.

While it is a great tool to rely on in the moment when experiencing a stressful situation, I encourage you to take a few minutes daily and indulge in some deep breathing. It is a great way to center into the present moment and 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 in a comfortable position, straighten your spine (posture is very important) and rest your feet on the floor (sitting in a straight back chair also allows for greater chest expansion). Arms relaxed in your lap, shoulders should be back to open your chest, but relaxed and chin up. Eyes open or closed - it is completely up to you.

Step 2 – Exhale out and take a deep slow breath in for a count of 5 seconds. Hold for a count of 5 and exhale slowly and deeply for a count of 7 – blowing out as you exhale.

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, so...

Don't forget to breath!