

EVEN WHEN WE TAKE A DEEP BREATH, we are often raising our shoulders and trying to inhale deeply through our lungs. However, the restorative breathing that can lower stress levels, engage the restful nervous system, improve digestion, and lower anxiety occurs with deep belly breaths. By expanding the belly with a deep breath, it engages the parasympathetic nervous system which is the “rest and digest” nervous system of our body. When we just breathe normally throughout the day we are often in the sympathetic nervous system which is our “fight and flight” nervous system. Once you have completed this three minute exercise to engage the restful nervous system end the exercise with a genuine grateful thought. This can be anything you are grateful for on that day... your pet, your family, a good night’s sleep...

Goal is 3 minutes twice daily in calm moments and then you can practice during stressful moments as well.

