

# Deep Breathing



The simple practice of deep breathing has many health benefits for the body, mind and spirit. Some of these benefits include:

- reducing stress
- releasing endorphins to help relieve headaches, insomnia, back pain and other symptoms of stress
- helping to clear and focus the mind
- strengthening weak abdominal muscles
- decreasing blood pressure
- improving asthma symptoms

## **Breathing Exercises**

1. Begin by sitting or lying down in a comfortable position. Breathe in slowly through your nose for a count of six. Hold your breath for a count of six, then exhale slowly through your mouth for a count of eight. Repeat several times.
2. Again, begin by sitting or lying down in a comfortable position. Hold your left nostril closed while you breathe in long and slow through the right nostril only. Release the left nostril and breathe out slowly through both sides of the nose. Then, hold the right nostril closed while you breathe in long and slow through the left nostril. Release the right nostril and breathe out slowly through both sides of the nose. Repeat this alternate nostril breathing several times to enhance mental clarity and focus, as well as increase relaxation.

## **Make it a Habit!**

Once you perfect the practice of deep breathing while you are at rest, begin using this technique frequently throughout the day. You can practice anywhere, anytime and will soon begin to notice the benefits.