

BREATHING EXERCISES



5 Essential
Breath Work
Activities

Energizing Breaths

1- Start with two deep breaths to ground yourself.

2- Take four short, sharp breaths in through your nose. Do this quickly without breaking.

3- In one slow long breath, exhale completely through your mouth.

4- Repeat 5 times.

Energy Boost

Whole Body Breathing

- 1- Find a comfortable seated position.
- 2- Close your eyes and focus on your breath.
- 3- As you inhale, imagine your breath filling your entire body, from your head to your toes.
- 4- As you exhale, imagine your breath releasing all tension from your body.
- 5- Continue breathing in this way for a few minutes.

Relaxation

4-7-8 Breathing

- 1- Find a comfortable seated position.
- 2- Close your eyes and focus on your breath.
- 3- Inhale slowly through your nose for 4 seconds.
- 4- Hold your breath for 7 seconds.
- 5- Exhale slowly through your mouth for 8 seconds.
- 6- Repeat this cycle for 5-10 minutes.

Calming

Buzzing Bee Breath

- 1- Sit comfortably with your eyes closed.*
- 2- Plug your ears using your thumbs.*
- 3- Rest your fingers gently on your head, with your pinkies just above the eyebrows.*
- 4- As you exhale, produce a humming sound, like a bee. Feel the vibration resonate throughout your head.*
- 5- Continue for a few cycles, feeling the gentle hum wash over your anxieties.*

Anti Anxiety

Counted Breath

- 1- Close your eyes and breathe normally.*
- 2- Start counting your breaths backward from 100.*
- 3- Breathe in on the even numbers and out on the odd.*
- 4- Focus only on the numbers and your breath, letting other thoughts drift away.*

Sleep Aid