

HOW TO TAKE A DEEP BREATH



WHEN YOU'RE DISTRACTED:

TRY EQUAL BREATHING

Inhale for 4 counts, exhale for 4 counts. Try to do it entirely through your nose.

Best for: Anytime, any place, but especially useful before an exam or right before bed. This kind of breathing forces you to focus on one task.



WHEN YOU'RE EXHAUSTED:

TRY ALTERNATE NOSTRIL BREATHING

Hold your right nostril with your right thumb and inhale deeply through the left. At peak inhalation, switch and hold the left nostril while you exhale through your right. Continue, alternating sides.

Best for: Crunch time, when you need to wake up & focus.



WHEN YOU'RE ANXIOUS:

TRY ABDOMINAL BREATHING

Place one hand on your chest, one on your belly, and take a deep breath through your nose. Fill your diaphragm with air rather than just your chest & try to take 6-10 slow breaths.

Best for: Before an exam or stressful event to control your breathing.



WHEN YOU'RE TENSE:

TRY PROGRESSIVE RELAXATION

To tackle head-to-toe tension, close your eyes and focus on relaxing each muscle group for 2-3 seconds. Start at the bottom with your toes and move up to your calves, thighs, chest, arms, hands, neck, jaw, forehead, and eyes. Close your eyes and count for 5 at each muscle group. Breathe through your mouth when you relax each.

Best for: Anytime - at home, at your desk, in the car. But remember that dizziness is not the goal - hold it for less if you feel dizzy.

WHEN YOU'RE HAVING THE WORST DAY:

TRY "SKULL SHINING BREATH"

Begin with a long, slow inhale, followed by a quick powerful exhale forced out from the lower belly. Once you're comfortable with that, try repeating it every 1-2 seconds for 10 breaths.

Best for: Trying to wake up or shake yourself out of a rut. It will wake up the brain and warm up the body.

