

RECLAIM THE CALM

TAKE CONTROL AND CHILL OUT WITH DEEP DIAPHRAGMATIC BREATHING

OUR BREATHING RATE IS THE ONLY PART OF OUR SYMPATHETIC NERVOUS SYSTEM RESPONSE THAT WE CAN ACTIVELY CONTROL, SO WHEN WE BRING OUR BREATHING RATE DOWN, IT IN TURN SWITCHES EVERYTHING ELSE OFF.

Start by breathing in through your nose for a count of 4 seconds.
Then breathe out for a count of 4 seconds. Rinse and repeat.

Make sure your breath is filling your diaphragm first, rather than your chest.
You can check this by placing a hand on your belly and a hand on your chest.
You want your bottom hand to move first and further.

Start for short periods of time whenever you are feeling stressed and cross each day off the calendar below.
By Christmas it will be part of your daily practice and you will continue to reap the benefits.

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25

NOW RELAX AND ENJOY THE HOLIDAYS!