

# BREATHE take it all in!

Everything we go through, whether physical, mental or emotional, is connected to our breath and impacted by it. Breathing has a direct link to our mood and state of mind. Even though our breath is automatic and does not require any willpower, we can influence it by breathing mindfully and getting to know our breathing rhythm and patterns. When we are stressed, our breath becomes shallow and fast, and usually stops at the upper chest area. This causes constant pressure and weak nerves, and eventually creates a negative stressful spiral.

The good news is, that there are various techniques that can help us calm down to restore our balance and well-being. Correct breathing techniques are important for our health and vitality, help us balance our mood, improve concentration and achieve inner peace.



Start by simply sitting down for **two minutes** with your eyes closed and concentrating on your breath.

Inhale **deeply** all the way to your belly and exhale all the way up to your chest.

You can close your eyes or keep them open, and if you feel comfortable, you can extend this exercise to 5 or even 10 minutes.

