

## A BREATHING EXERCISE YOU CAN DO ANYWHERE

-it takes less than 4 minutes-

I thank my yoga instructor for this one. You want to exhale deeper or longer than you normally do. It also should be longer than your inhalation. Of course, I always feel better if I can close my eyes; yet, you do not have to close your eyes to get the positive benefits.

**Use this exercise when you feel stressed, tense, agitated, out of balance, frustrated or simply need a breather, a moment to regain your composure.**

If you are home, sit or find a comfortable position. This is the “S” (stop running) and “C” (confront your BETS) of my S.C.A.L.E. acronym for gaining amazing heights.

- Inhale, **really shift your focus**, and feel the air moving into your nostrils. Notice how your lungs expand and your belly pushes outwards. Notice the temperature of the air. This shift in focus really pulls you out of your head and emotions and brings you into the now (the reality).

Your goal is to **inhale slowly** to the **count of four** (silently counting) and **hold for the count of two**.

- Next, you want to **breathe out slowly to the count of six**. You really want to gently squeeze the air out and get to the end of your exhalation before you start the next breath in (inhalation).

That was one cycle, **aim for ten cycles** or until you feel the release, until you feel calm returning with clarity. Sometimes it takes less or sometimes it takes more than ten cycles to break through and regain your calm---**BUT YOU WILL!**

As you exhale, feel your shoulders relaxing, feel the tension leaving your body, and feel your mind clearing. Hear yourself thinking, I will now make a choice or decision that **empowers me**. I am in control of my decisions and I decide my health benefits when I do not act in an unhealthy manner.

- As you breathe out, let go of the negative **BETS (beliefs.emotions.thoughts)**. **Thank them for giving you a warning and then wave them goodbye.**

Take a moment or two once you finish your breathing exercise to acknowledge that **you made a healthy decision** and **took positive action** for your health and **feel that sense of accomplishment**.

**BEST YOU MADE POSSIBLE—YOUR HEALTH MATTERS TO US** 