

## Breathing Techniques to Reduce Daily Stress

Breathing exercises have been used for thousands of years to bring calmness and relaxation to the mind. Using slow steady breaths can help you to calm the mind and body whilst reducing unwanted levels of stress from the body. Here are three breathing exercises which are simple and very effective.

### Three, Four and Five Breathing

Straighten your back and plant feet firmly on the ground.

Bring your attention to your breath. Whilst breathing from your stomach, inhale for the count of 3. Hold breath for 4. Exhale for the count of 5. Repeat. Noticing your stomach gets bigger when inhaling. Gets smaller when breathing out.

Breathe in calm. Breathe out worries.

IMPORTANT - as you find the rhythm that suits you, make sure your inhalation is shorter than the exhalation.

### Seven Eleven Breathing

Straighten your back and plant feet firmly on the ground.

Bring your attention to your breath. Whilst breathing from your stomach, inhale for the count of 7. Exhale for the count of 11.

IMPORTANT - as you find the rhythm that suits you, make sure your inhalation is shorter than the exhalation.

These first two techniques are good to practice during the day -a minute here and there - to get used to the rhythm. They naturally reduce cortisol that is building in the system. Once you are comfortable with it, then you can use it very effectively in stressful situations - even helps with panic attacks.

### Alternate Nostril Breathing

This is a breathing technique extensively used in the practice of yoga. It is said to cleanse, relax and re-energise the nervous system.

Sit up straight. With you right hand, bend your first and middle finger. Inhale and exhale from both nostrils. Using a slow, steady and smooth breath, ensuring the length of the inhalation and exhalation are the same. Close a nostril by gently placing a finger on it. Breathe in from the open nostril and exhale using the same length breath. Don't force it; just allow yourself to find the simple rhythm. Close that nostril and open the other nostril, slowly and steadily breathing in and out. Repeat this pattern 3 times for a total of 3 breaths.

Inhale and exhale from both nostrils and notice the calmness. You can repeat this exercise again if you choose. You can practice this breathing at any time of the day to get full benefits.

Have a go with all three of these techniques and find the one that suits you best. Any questions you might have on any of the above, or if you want further information on how to reduce your daily stresses please email me on [hello@gisellemonbiot.com](mailto:hello@gisellemonbiot.com)



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