

Deep Breathing Exercise

- ★ Sit or lay in a position that you feel comfortable in, and that you can easily relax all your muscles in.
- ★ You may play music if that helps you relax, but make sure it is wordless, or minimal words like “Om”. Youtube has great options if you type in “meditation music” or something of the like.
- ★ Find a mental happy place AKA the ideal space of energy in which you feel absolutely at peace and at ease, real or imaginary.
- ★ Acknowledge your thoughts and let them go, do this for every single thought throughout.
- ★ Focus on your breaths, deep inhales and deep exhales. It may help or feel good to let sound out during your exhale. Laughter and tears may start to appear in your breath, that is your body releasing what does not serve it, do not stifle what your body needs to do.
- ★ As you breathe, start relaxing every part of your body. First relax your eyes, your forehead, and your mouth. Then relax your neck, then shoulders. Then relax your arms, and hands. Relax your abdomen. Relax your glutes, your thighs, and your calves. Relax your feet. You should feel absolutely no muscles working, except those that help you breathe.
- ★ Remember, as you are breathing, any thoughts that come into your mind should be just as quickly forgotten. Sometimes it helps to inwardly chant a word or phrase that keeps thoughts away and enforces the flow of your breath. For example, on your inhales you could inwardly say “LOVE” and on your exhales you could inwardly chant “LET GO”. Be creative and mindful of what words you use, as it also will imprint the meaning on them in your subconscious.