BREATHE DEEPLY

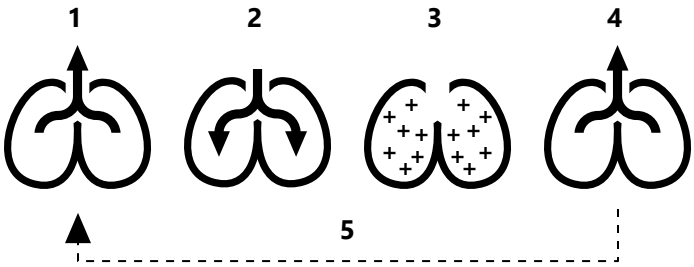
"Improper breathing is the cause of most illnesses today." – Dr. Andrew Weil

Express It

SPEAK IT

Speak what's below *out loud*, with enthusiasm, certainty, and belief. **Improvise** what you say as *much* as you want (actually, this is preferred). **Visualize** what you say - see it in your head before the words leave your lips. **Brackets** contain instructions that explain something specific to do.

What, Why, and How



- Deep breathing is when you:
  1. **BEGIN** by completely exhaling through your mouth
  2. **INHALE** deeply through your nose for a count of 4
  3. **HOLD** your breath for a count of 7
  4. **EXHALE** through your mouth for a count of 8
  5. **REPEAT** for a total of 4 breaths
- Deep breathing has a lot of amazing benefits, including its ability to:
  - **Detoxify your body**
  - Increase your energy
  - **Boost your mental abilities (clarity, concentration, etc.)**
  - Improve your sleep
  - **Minimize stress-related illnesses**
  - Improve your mood
  - **Enhance your digestion**
  - Help you with weight-loss
  - **Give you more stamina**
  - Provide pain relief
  - **Decrease wrinkles**
  - Increase your flexibility
  - **Reduce physical and mental fatigue**
  - Strengthen your immune system
  - **Make your heart stronger**
  - Improve your posture
- Your breath is quite literally *your life force*. Oxygen feeds every part of your body and over 70% of your body's waste is eliminated through your breathing and skin - deep breathing is *awesome* for your health!
- ***When you:***
  - **Start your day:** First thing in the morning
  - **Have a free moment:** When standing in line, driving in your car, sitting down to work, waiting for something to cook
  - **Want to change how you feel:** When you need a boost of energy, positivity, confidence, happiness
  - **Notice your breathing**

  Then you will:
  - Breathe deeply

EXPLAIN IT

- Explain what specific benefit of deep breathing you especially like (see list above), and why that benefit matters to you.