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Deep breathing can improve your health on many levels. From stress reduction to improved circulation, deep breathing reduces anxiety, enhances mental clarity and can even increase creativity. Deep breathing lowers blood pressure and improves lymphatic detoxification. Increase of oxygen in your tissues will reduce pain and increase endorphin release. While deep breathing exercises can support you both on a physical and an emotional level in stressful situations, they also hold benefits when added as a daily practice. Incorporating deep breathing exercises into your daily rituals can support you in gaining clarity and harmony in your life.

Deep Breathing Exercise

- * Sit comfortably in a chair, keep your back straight, put both feet on the ground, eyes open or closed.
- * Exhale all the air from your lungs thru your mouth making a “whoosh “sound.
- * Close your mouth, gently pressing your tongue to the back of your upper teeth take a deep breath
- * Hold your breath to the count of 4 and then release slowly thru your mouth to the count of 4.
- * Repeat this cycle 7 times and as you progress hold your counts a bit longer.

In other words start by counting 4-4-4 and slowly move up to 7-7-7 without forcing yourself to hold your breath longer than you can.

