

BREATHING

Breathing is a great grounding technique because it requires no equipment, anyone can do it, and you can do it anywhere.

Benefits of Breathing

- Increases serotonin and calms mind
- Balances emotions and enhances mood
- Helps center our thoughts
- Harmonizes body, mind and spirit
- Nourishes body cells by taking in oxygen and expelling toxins
- Strengthens immune systems
- Lowers heart and respiratory rates, lowers blood pressure
- Keeps balance of oxygen in our body. When the balance is disrupted it triggers chemical changes in the body that cause dizziness, shortness of breath, confusion.

How To Practice Breathing:

1. Sit somewhere comfortable, whether on the floor or in a chair.
2. Inhale through your nose, counting to five.
3. Hold your breath, counting to seven.
4. Exhale through your nose, counting to nine.
5. Repeat this as needed.

Additional Resources

<http://youniquefoundation.org/grounding-technique-breathing/>