



A Guide to 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

Breath is the link between mind and body.

—Dan Brule

How to Practice Breathing:

01

Sit somewhere comfortable, whether on the floor or in a chair.

02

Inhale through your nose, counting to five.

03

Hold your breath, counting to seven.

04

Exhale through your nose, counting to nine.

Repeat this as needed.



SUGGESTED READING

Breath by Dr. Belisa Vranich



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