

# BREATHWORK



Put simply, breathwork is a type of breathing exercise designed to help improve mental, physical and spiritual wellness.

I totally recommend breathwork to free up your headspace and give your body and brain a chance to rest. This is a brilliant thing to do if you struggle with insomnia or experience a lot of stress in your life.

In this busy, always-on, world - we may not always notice it, but we rarely have any peace. You can't put a price on peace of mind. I believe we all strive for it.

A great step towards finding your peace of mind and allowing your body to rest and repair is breath work.

Even if you start with a few minutes per day, creating a habit around this will pay you back in headspace and lots of other benefits too.

## SIMPLE BREATHWORK TECHNIQUES

What's amazing about breathwork is you can do it any time, anywhere, totally free and it can transform your mindset, reduce stress, decrease your heart rate, let your body heal, and increase your energy. So simple yet so effective. There are many types of breathwork practice, my aim is to give you a few simple tried and tested techniques that I use myself every week.

### Reduce stress with a Box Breath

1. Exhale slowly for 4 seconds
2. Inhale deeply through the nose for 4 seconds
3. Hold your breath and rest for 4 seconds
4. Exhale (out your mouth) for 4 seconds

Repeat for at least 4 rounds

### Relax breath (reduce heart rate)

1. Breathe in for 4,
2. Hold your breath for 2 seconds
3. Exhale to the count of 6

Repeat for as long as necessary until you feel more relaxed and at peace.





# BREATH WORK

## Create instant Calm & Deep relaxation

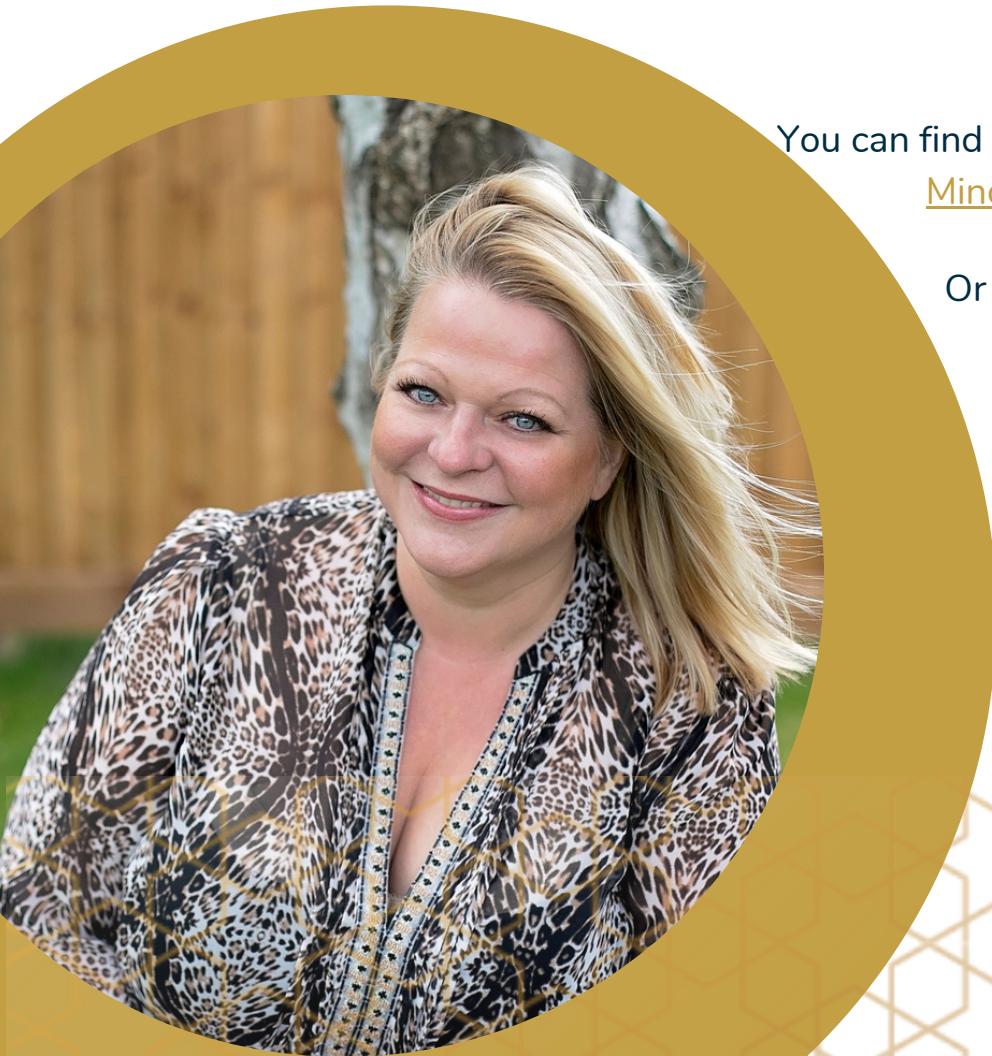
This technique can help you shift from a stress response (fight, flight, freeze) to a rest and restore response.

1. Exhale out of the mouth for 4 (making a whoosh/breath sound)
2. Close your mouth, inhale through the nose to the count of 4
3. Hold your breath for 7 seconds (this can be hard at first but keep trying!)
4. Exhale (with your whoosh sound) for 8 seconds

It can take a bit of practice to reach the long breath counts but the more you practice the easier it becomes.

Start by repeating this 4 times in a row for instant calm. Once you've mastered it, repeat 8 times in a row for deep relaxation.

## STAY IN TOUCH



You can find Lucy on Facebook in [The Half-Time Mindset Makeover Community](#)

Or through [Design your Life](#) with Lucy Griffin-Stiff -Facebook page

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