

# BREATHING

## Good Breathing:

- Allows you to think
- Improves the sound of your voice
- Calms your thoughts
- Calms those around you
- Demonstrates confidence
- Releases "feel good" hormones
- Relaxes your muscles
- Impacts all other aspects of nonverbal communication
- Brings you into the present moment
- Communicates credibility and presence

A full breath inflates the lungs from bottom to top, expanding your entire abdomen.

## TO BREATHE:

**Move:** Work out. Walk. Run. Dance. Play ball.

**Focus:** Get comfy. Close your eyes. Inhale. Exhale.

**Make Music:** Sing or play an instrument.

**Visualize:** Imagine a stressful scenario and breathe through it.

## A SIMPLE BREATHING EXERCISE:

"Box" breathing slows your breath rate, decreases stress, focuses your mind, and relaxes your body. Here's how to do it:

Exhale to a count of four.

Hold your lungs empty to a count of four.

Inhale to a count of four.

Hold the air in your lungs to a count of four.

Repeat for up to 10 minutes.