Benefits of Deep Breathing

- Stressors are found everywhere in our everyday lives
- Deep breathing techniques can help to reduce stress and restore balance to the mind and body

- **Short** and **long** term benefits of deep breathing:
  - Improved sleep
  - Improved focus
  - Enhanced emotional, physical, and mental wellbeing
  - Lowers heart rate and blood pressure

TASK 18

Perform 3 deep breathing exercise breaks for 5 minutes

Ways to Deep Breathe Throughout the Day

- Deep breathing exercises are simple to learn and accessible to anyone
- If you are having trouble introducing deep breathing into your daily routine or getting it to stick, then try ***habit stacking!***
  - Habit stacking is a way of making new habits more successful by performing them before or after existing habits
  - For example, since you brush your teeth every morning, take 5 minutes to practice deep breathing either before or after brushing
- You can also practice deep breathing...
  - Before a meeting
  - While waiting in line for food, coffee, etc
  - Before going to sleep
  - While reading through emails or messages

optimal you