

3 Minute Breathing Exercise

Adapted from:

<https://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response>

In the bustle of our lives, caregivers often forget to breathe deeply, accessing breath to the bottom of their lungs. For many of us, deep breathing seems unnatural.

Shallow "chest breathing" seem normal but it increases tension and anxiety. Shallow breathing means the lowest part of the lungs doesn't get a full share of oxygenated air. That can make you feel short of breath and anxious.

Deep abdominal breathing encourages full oxygen exchange — that is, the beneficial trade of incoming oxygen for outgoing carbon dioxide. Not surprisingly, it can slow the heartbeat and lower or stabilize blood pressure.

Try applying intent by practicing this short breathing exercise every time you put the kettle on to boil. We will call this exercise ...

Letting the Kettle Boil So You Don't Have To!

1. Stand or sit straight.
2. Breathe in deeply through your nose for a count of 7, allowing your belly to expand as your lungs fill.
3. Hold the breath for a count of 4.
4. Blow the breath out through pursed lips for a count of 7.
5. Do this 3 or 4 times.
6. Then, concentrate on regular, gentle breaths while the kettle reaches a boil.



With intent, this will become a good habit and will be practiced every time you put the water on for a cuppa.