

NURTURING MENTAL WELL-BEING THROUGH DEEP BREATHING

MINDFUL BREATHING

Begin by finding a quiet space. Inhale slowly through your nose, counting to four. Hold your breath for a count of four, then exhale through your mouth for a count of six. Repeat, allowing your breath to anchor you in the present moment.

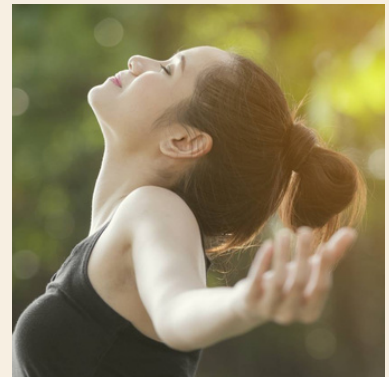


4-7-8 BREATHING

Developed by Dr. Andrew Weil, inhale through your nose for a count of four, hold your breath for seven counts, and exhale completely through your mouth for eight counts. This technique can induce a sense of calm and relaxation.

DIAPHRAGMATIC BREATHING

Lie down or sit comfortably. Place one hand on your chest and the other on your abdomen. Inhale deeply through your nose, allowing your diaphragm to expand. Feel your abdomen rise, then exhale slowly. Practice this to engage your diaphragm fully.



BOX BREATHING

Picture a square. Inhale for a count of four, hold your breath for four counts, exhale for four counts, and then remain empty for another four counts. Repeat, envisioning the sides of a box. This technique promotes balance and focus.