
Breath

02 BREATHING PRACTICES

Diaphragmatic (Belly) Breathing:

- Place one hand on your chest and the other on your belly.
- Inhale deeply through your nose, ensuring your belly rises more than your chest.
- Exhale through your mouth, letting your belly fall.

Box Breathing:

- Inhale through your nose for 4 seconds.
- Hold your breath for 4 seconds.
- Exhale through your mouth for 4 seconds.
- Hold your breath for another 4 seconds.

Alternate Nostril Breathing:

- Close your right nostril with your right thumb and inhale through the left nostril.
- Close your left nostril with your ring finger and exhale through the right nostril.
- Inhal through the right nostril, close it, and exhale through the left nostril.

4-7-8 Breathing Technique

- Inhale quietly through your nose for 4 seconds.
- Hold your breath for 7 seconds.
- Exhale completely through your mouth for 8 seconds.

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Breath Journal Track your breathing patterns and exercises for the week.

Date:
Breathing Exercises practiced: ____________________ Duration: ____________
Changes in stress levels: ____
Overall well-being: ____

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