

Deep Breathing and Meditation Techniques

Deep Breathing

Deep breathing is an easy way to relax and take pressure off of your mind within a matter of minutes.

Here's what you need to do to practice deep breathing:

1. Sit comfortably, keep your spine upright, shoulders relaxed, close your eyes, and imagine your happy place.
2. Place a hand on your belly and breathe in for 3 counts and breathe out for 3 more counts.
3. Pay attention to the rise and fall of your belly. As you breathe in it should feel like a balloon is being filled and as you breathe out it should feel like the balloon is deflating.
4. As you repeat this exercise and get used to the rhythm, you can slowly move your hand from your belly and place it loosely on your lap.
5. Repeat this for at least 5 to 10 minutes in one sitting.

Meditation

In addition to deep breathing, meditation is a practice that can help us reach a calm and stable state of mind in a few moments.

Here's a simple, basic meditation technique that can be easily incorporated in your daily schedule:

1. Sit comfortably, keep your spine upright, shoulders relaxed, and close your eyes.

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2. Use your breath as a point of focus. Slowly breathe in for 3 to 4 counts and then breathe out for 3 more counts.
3. If you find your mind wandering, gently redirect your focus back to your breaths.
4. Repeat this exercise for 5 to 10 minutes.

Remember that deep breathing and meditation is not a magic pill. Like all skills, the more you practice these techniques, the better you will get at using them to calm your body and mind quickly.

All the best!