

# BREATHING TECHNIQUES

## Pause.

Stop your current task.

Turn off notifications or mute your phone for 2 minutes.

Choose one of the following breathing exercises and practise for 2 minutes.

Refer to the Breathing Techniques video and PDF in our Work Wellness Online Studio.

### TECHNIQUE

### VIDEO

### EXPLAINED

## Diaphragmatic Breathing



1'20" - 4'00"

Hands rest on your belly, fingertips softly connecting at the navel. Inhale for 4 counts (feel the fingertips drift apart slightly), exhale for four (the fingertips return to touch).

## Box Breathing



4'13" - 6'30"

Imagine you are drawing a box with your breath. Inhale 1-2-3-4, hold your breath at the top 1-2-3-4, exhale 4-3-2-1, hold at the bottom 4-3-2-1. Repeat.

## Alternate Nostril Breathing



6'34" - 9'28"

With your right hand, use your thumb to seal the right nostril and the fourth finger to seal the left. To start, seal the right nostril and inhale left for 4 counts. Seal left and exhale out the right nostril for 4. Inhale right 1-2-3-4 and exhale left 4-3-2-1. Repeat.

## 4-7-8 Breathing



9'30" - 12'05"

Inhale for 4 counts, hold your breath at the top for 7 counts and then exhale your breath for the entirety of 8 counts. Repeat.