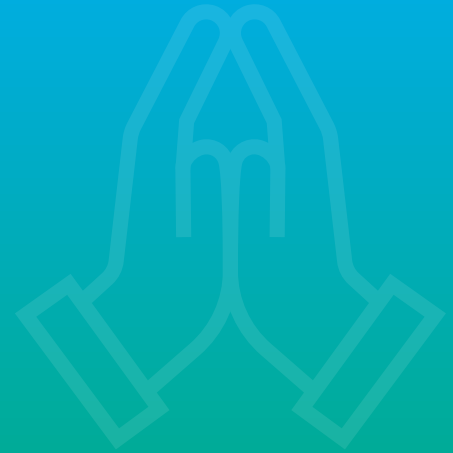




LIVINGOOD DAILY

BREATHING GUIDE



BREATHING EXERCISES

Do either form of breathing for either:
1 minute, 3 times a day, **OR** 3 minutes, 1 time a day.



Click here to watch the video
and learn about breathing!



Boxed Breathing

Boxed breathing is a stress-reducing breathing technique in which you make a “box” with your breath. Here’s how to do it:

- 1 Inhale through your nose for 4 seconds
- 2 At the top of the breath, hold for 4 seconds
- 3 Exhale through the nose or mouth for 4 seconds
- 4 Repeat steps 1-3 for a total time of 1 minute



Paced Breathing

Paced breathing is a simple way to reduce stress. Here’s how to do it:

- 1 Inhale through your nose for 5 seconds
- 2 Once the lungs are full, exhale through the nose or mouth for 5 seconds
- 3 Repeat steps 1 and 2 for a total time of 1 minute

