

Start Your Day with Deep Breathing

Start your day with **Deep Breathing**. find a calm spot, sit or lie comfortably. and try **Basic Belly Breathing**. Inhale slowly through your noses for 5 seconds, feeling your belly rise (your bottom hand moves). then exhale slowly through your nose for 5 counts. focusing only on the breath, repeating for a few minutes to invigorate and center yourself.

1 Basic Belly Breathing (Diaphragmatic Breathing)

Position: Sit comfortably with a straight back or lie down, placing one hand on your belly.

Inhale: deeply through your nose for 5 seconds, feeling your belly rise (your bottom hand moves).

Exhale: slowly through your nose for 5 seconds, feeling your belly flatten.

Repeat: Do this for 2-3 minutes, focusing on the sensation of your breath.



2 Box Breathing (4-4-4-4)

Position: Sit comfortably with feet flat on the floor.

Inhale: through your nose for 4 counts.

Hold: your breath for 4 counts.

Exhale: through your mouth for 4 counts.

Hold: your breath for 4 counts.

Repeat: Continue for several rounds to reset and focus.



3 4-7-8 Breathing (for Calm)

Position: Sit comfortably or lie down, tongue resting behind top front teeth.

Inhale: silently through your nose for 4 counts.

Hold: your breath for 7 counts.

Exhale: forcefully through your mouth (making a "whoosh" sound) for 8 counts.

Repeat: Do 3-4 rounds to feel calmer and more present.

Inhale | Hold 4 | Exhale | Hold 4

Inhale 4 | Hold 7 | Exhale 8

