



BREATHE EASY

Without even realising, you could be breathing all wrong.

When we are stressed, we tend to take shallow breaths which can disrupt the level of oxygen in our body and consequently make us feel more anxious and stressed.

Here are some simple breathing exercises that can be done at work to help de-stress:

The 4-7-8 Method

Breathe in for 4 seconds through your nose, hold for 7 seconds, then breathe out for 8 seconds through your mouth – repeat as many times as necessary.

Belly Breathing

Rest one hand on your belly, and as you inhale push your belly out so that your hand rises with your breath. When you exhale, allow your belly to relax. Repeat this 5 times.

Here's one you can do on your lunchbreak...

Mindfulness Breathing

Sit up straight, close your eyes and breathe at a normal pace. At the end of your first exhale, count 1 in your head, after the second exhale count 2 in your head, and follow this pattern up to a count of 5. Start over at 1 and repeat this process for 5 minutes or so.

References:

<https://www.fastcompany.com/3049108/this-breathing-exercise-can-help-you-stay-focused-at-work>

<https://www.incorporatmassage.com/blog/breathing-exercises-for-workplace-stress-relief>



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