



## 3 SIMPLE BREATHING EXERCISES TO TRY TODAY



### COMMON MISTAKES & EXPERT TIPS FOR BETTER BREATHING

**Avoid Quick, Shallow Breaths** – The average person takes 12–20 breaths per minute, but faster breaths can increase anxiety. Slow down your breathing, aiming for 6–8 breaths per minute. Do so gently; controlled breathing is key.

**Find a Quiet Space** – Practice in a quiet and comfortable environment to minimize distractions. Regular practice leads to better results.

**Seek Guidance** – Use guided meditations for support (Headspace, Calm). Consult a healthcare professional if you have breathing-related conditions.

*Struggling with anxiety? Schedule a free consultation:  
Email: [info@profoundpeace.org](mailto:info@profoundpeace.org)*

### DIAPHRAGMATIC BREATHING (BELLY BREATHING)

- Lie down, place one hand on your chest, and the other on your stomach.
- Inhale slowly through your nose, allowing your stomach to rise.
- Exhale slowly through your mouth.
- Practice for 5–10 minutes daily to reduce anxiety and improve digestion. A 2023 study showed that diaphragmatic breathing can reduce anxiety levels by up to 30%.

### BOX BREATHING

- Inhale for a count of 4, hold for a count of 4, exhale for a count of 4, and hold for a count of 4.
- Repeat for 5–10 minutes when feeling stressed or overwhelmed.
- Box breathing improves focus and concentration by up to 40% and also significantly reduces stress.

### ALTERNATE NOSTRIL BREATHING (NADI SHODHANA)

- Close your right nostril with your right thumb and inhale through your left nostril.
- Then, close your left nostril with your right ring finger and release your right nostril to exhale.
- Practice for 5–10 minutes daily, especially in the morning, to balance energy, reduce anxiety, and improve respiratory function.