



**Breathe well, live better!** First of all, we all know how to breathe. It is a vital reflex that we have at birth. But do you know that there are several ways to breathe depending on the situations we live in?

### Abdominal breathing (to practice to chase away anxiety)

It relieves fatigue and eliminates toxic waste. The amplitude of the respiratory movements exercises a massage of the abdominal organs and promotes relaxation as well as oxygenation of the brain.

- Place your hands on your stomach to better feel the comings and goings of your breathing. Inhale through your nose, expanding your belly like a balloon.
- Exhale slowly through your mouth, gradually drawing your stomach in.
- Empty the air from his lungs.
- Again, inhale by inflating the belly like a balloon and blocking the air in the lungs for a few seconds.
- Then, breathe out slowly through your mouth, pulling in your stomach.
- By inhaling, we can imagine that we fill ourselves with oxygen, pure air, positive energy. And by exhaling we get rid of our worries, our negative thoughts, our stress.

### Express relaxation

It helps to reduce emotion and stress very quickly

- To begin, inhale while inflating the belly.
- Then exhale slowly through the mouth as if the breath is passing through a straw.
- The longer the exhalation, the better the relaxation.
- Then pay attention to the following three points: the chin (to relax the whole face), the shoulders (to relax the neck, arms, trunk and back) and the abdomen (to promote relaxation of the stomach, pelvis and lower limbs).
- Try to become aware of the relaxation that reaches each of these zones, by inhaling slowly and exhaling for a long time as with a straw.

### Cardiac coherence (to regulate stress)

It allows you to control the variability of your heartbeat to regulate your stress and balance your emotions.

- Begin by breathing slowly and deeply through your belly.
- Next, inhale for 3 seconds, hold the air in your lungs for 12 seconds, then exhale through your mouth for 6 seconds.
- Exhale as deeply as possible by going to the end of the breath without forcing, the inspiration will then come by itself.
- Try to bring your attention to the region of the heart by imagining that you are breathing through it.

### Chest breathing (to be practiced by tense and oppressed people)

It promotes the release of emotions by opening the rib cage: breathe by taking deep, deep breaths that will release your emotions.

To feel each inspiration and expiration is to free your body from stress, it is to better circulate your blood, it is to relax your muscles, it is to make your organs work, it is to oxygenate your brain, it is to refocus on yourself, it is to live in the present moment.

Breathing well is a real free luxury that you can practice anywhere, anytime in your daily life!

"Our breath unites our body, our mind so that we can be truly alive, truly present to life" - *Tich Naht Hanh*