

THE 10 DAY MEDITATION CHALLENGE

DAY 1 – TAKE A BREATH

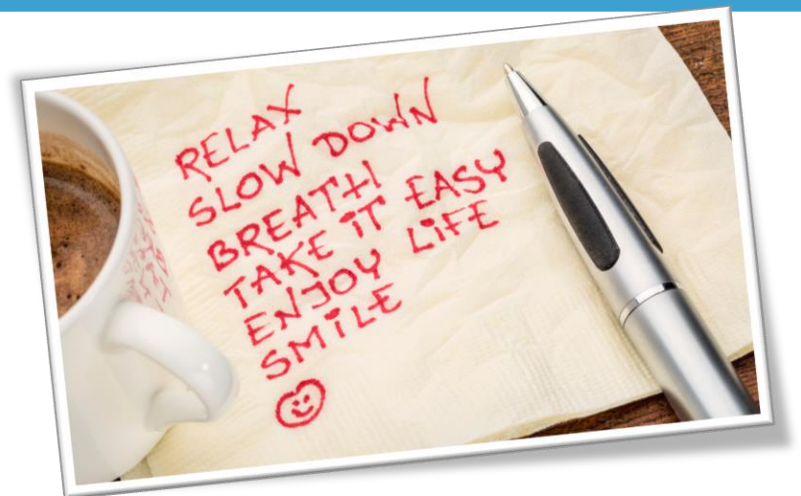


Deep Diaphragmatic Breathing is a simple and powerful relaxation technique. This technique is easy to learn, can be practiced almost anywhere, and provides a quick and effective way to manage your stress levels. Deep breathing is the cornerstone of many meditation practices and can be combined with other relaxing elements (e.g., aromatherapy, music).

All you need is a few minutes ... and a few minutes is just what you need!

DECREASE STRESS - USE YOUR BREATH

- Get into a comfortable seated position. Close your eyes and bring attention to your breath. Don't try to change it, just be aware. Notice the cool of the inhale and the warmth of the exhale.
- Place your hand on your abdomen, and the other on your chest. Inhale deeply through your nose, filling your abdomen with air. Feel your diaphragm expand. Exhale and release all of the air through your nose.
- As you breathe, focus on feeling the rise and fall of breath in your abdomen rather than in your chest. Take a deep breath in through your nose, sending it deep into your abdomen. As you exhale, notice your belly deflate.
- Repeat for a minimum of 3-4 breaths allowing the breath to slow as you become more relaxed. Embrace this moment.



With regular practice, this deep relaxation that you can feel in the moment can have a long-term impact. It can help to balance the autonomic nervous system, providing relief from stress, anxiety, depression, and worry.

Source: <https://www.mayoclinic.org/healthy-lifestyle/stress-man>