

Breath. Your instant chill pill

2 exercises to feel safe & calm in less than 2 minutes.

When people are in stressful environments they can feel anxious, overwhelmed & fearful. If ignored, these feelings quickly wreck us. We lash out, make poor decisions and work inefficiently. Good news is science has proven we can fix this “in as little as 90 seconds” says Dr. Joan Rosenberg ¹

We can breathe. There are 2 specific breath patterns that make it easy for humans to do better in stressful environments. Thanks to Dr. Stephen Porges’s (Polyvagal Theory)² and Dr. Paul Dennison³ we can stop ourselves from getting overwhelmed and reacting in ways that create more danger for ourselves and people around us.

They give us principles to take action with. Now we can quickly feel better and make better decisions. Please follow the steps below for both exercises.

#1 Belly Breath Exercise



- Stand, sit or lie down with a straight spine.
- Close your mouth
- Inhale and exhale through your nose only, follow this count:
Inhale for 4. Hold for 4. Exhale for 7. Hold 4 count and repeat
- ** Place hands on your torso for best results:
One open palm below your clavicle. The other above your navel.
Continue with above steps

¹ <https://drjoanrosenberg.com/news/how-to-improve-your-brain-health-with-dhru-purohit/>

² <https://www.stephenporges.com/>

³ <https://www.braingym.com/about/>

#2 Hook Up Exercise



- Standing, Lying or seated cross one foot over the other (legs always straight).
- Stretch out your arms and cross them in front of your body.
- As they are crossed, have the palms of the right and left hands touch together and lock fingers.
- Loop the hands underneath the arms and pull the arms close to the chest (twisted into a pretzel).
- Hold this position for 2 to 5 minutes or for as long as you need to calm your body.

**** This is my favorite breath exercise. It links up both sides of the brain. This makes the whole brain more available.**