

68-Second Stress-Free Breathing Guide

Heather & Hearts Healing

68-Second Stress-Free Breathing Guide



Breathing...

Something everyone does from the moment life on the planet began until the last breath.

Average adults take approximately 20,000 breaths a day, over 7 million breaths a year. Yet, we don't think about why we breathe, how our bodies breathe, and what a single breath does.

And the way your body naturally breathes is related to how your soul energy moves. Your breath is a connecting doorway to your higher consciousness, eternal life force, and unconditional love energy of the universe.

Breathing is a simplest and fastest tool to calm your nervous system, harmonize between your mind and body, and switch the fight or flight state to calm and heal state in just in a few breaths. This exercise may not be complicated enough or challenging enough to expect such desirable results but this works!

Here is how you do it.

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Step 1

Aware of your breaths

Allow your mind to focus on your breathing. Aware of your breaths. No thinking is required here, but if any thoughts come up, gently shift your attention to your breath. Put your hands on your body (chest area) so you can feel how your body is breathing.



Step 2

Feel Your Diaphragm & Inhale...

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When you feel stressed, overwhelmed, anxious, your breathing becomes shallower and moves up to chest-breathing or even mouth-breathing instead of deep, slow diaphragmatic breathing. There are some scientific reasoning behind the shallow breathing. Your body has an incredible ability and mechanism to adjust your biological needs instantly.

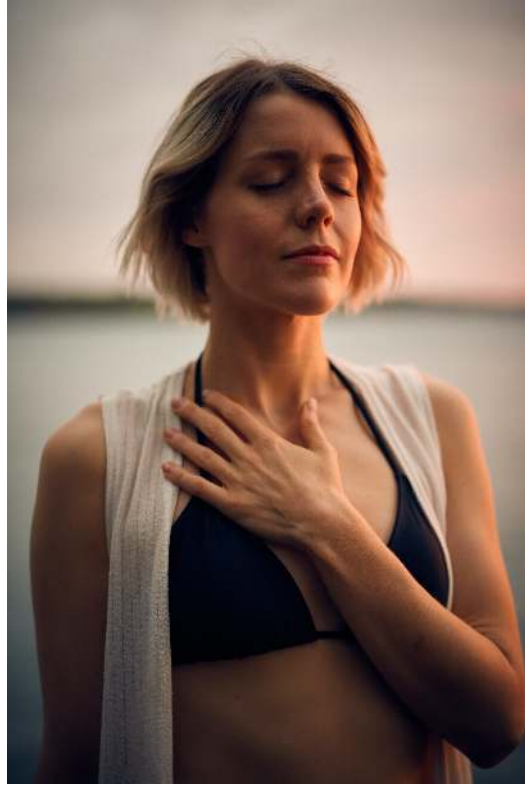
First, try to feel your diaphragm moves up as you inhale and comes down as you exhale. Expand your tummy and diaphragm as you slowly inhale in count of 5.

Step 3

Hold Your Breath

Now hold your breath for 5 counts. If you practice any kinds of breath works, you may want to extend the hold up to 10. But please remember, this is NOT a single breath hold competition, rather, you are using the deep diaphragmatic breathing to send a particular signal to your brain.

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Step 4

Exhale Slowly and Completely

Now is the time to let your breath go slowly and completely in the count of 7. Make sure you're breathing out of your mouth slowly and completely.

Repeat this slow breathing for 3-7 times.

Suggestions:

Week #1. Set a reminder on your phone for every hour to take a couple of deep breaths

Week #2. Set a reminder on your phone for every 3 hours to take 5-7 deep breaths

Week #3. Set a reminder on your phone "Bring Yourself in the Present Moment," randomly and continue to practice deep breathing throughout the day

Week #4. If you still get triggered by stress/anxiety, add "5 minutes Vagus Nerve Anxiety Relief Guide" and externally stimulate parasympathetic nervous system. And this is the time you may want to seek a professional assistance to navigate through your healing journey.

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Hi, I'm Heather, the founder of Heather & Hearts Healing. I help people who are on healing journeys releasing stuck energies, limiting beliefs, childhood trauma, so they can experience transformation now than later or never.

Today, I'm a Certified Hypnotherapist, but I hacked my own mind when I was 3 years old, because of that, I have been releasing my trauma, because of that I live stress-free life, because of that I achieved all my childhood dreams before 27 years old, I continue to live my healthy, happy, satisfying ascending life. I am also the 4th generation of a Spiritual Healer's bloodline from the East. I use my spiritual gifts with hypnosis skills to assist one's healing journey.

I live stress & anxiety free life. How many therapists can say this out loud?

Learn more about me and my hypnotherapy programs at www.HeatherandHearts.com

Ready to connect? [SIGN UP FOR FREE CONSULTATION](#)

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